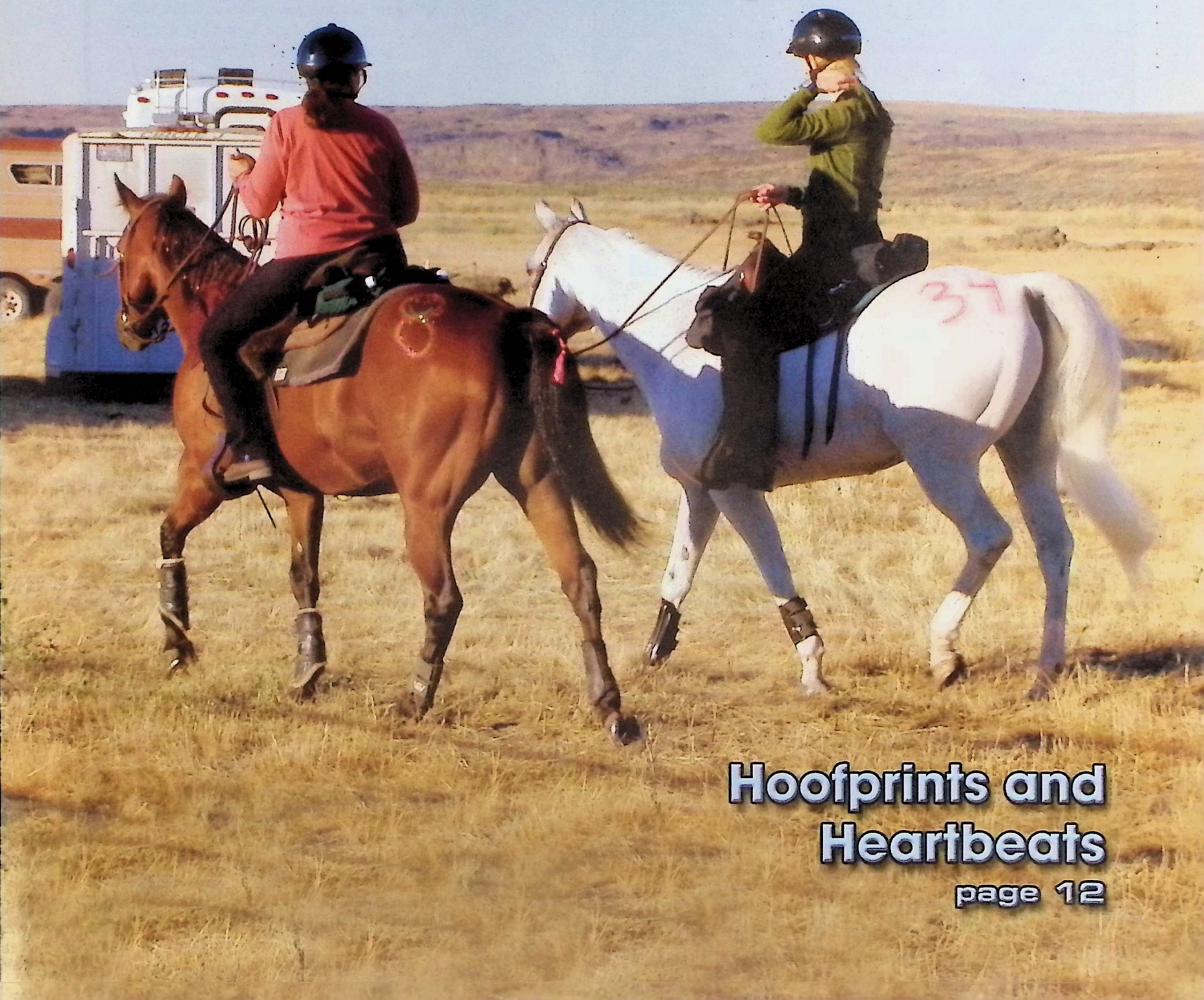


RENTON *Magazine*

Volume 3 / No 8 August 2008



**Hoofprints and
Heartbeats**

page 12

Bring Home Steam Technology

Naturally steam out tough stains from grass to grease. Thanks to steam technology, the new Duet® Steam washer eliminates the need to pretreat. You can also sanitize towels and sheets without bleach. And with an Oxi dispenser, whitening performance is enhanced. This washer also saves you 73% water and 77% energy, compared to top-load washers manufactured before 2004, using the Normal cycle.

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steam

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687

publisher's note

Some do it alone, some in groups. Some are regular, some are sporadic. They do different styles. Most dreamed of doing it since they were little girls. Now grown, with jobs and sometimes complicated relationships with parents, spouses, children and co-workers, they still dream of it.

Riding horses.

Even those pre-dating the "My Little Pony" toys look forward to their horse time.

I honestly can't remember my first ride. My mother started us quite young, first with her on her American Saddlebred mare, Flicka Blane, and then on our Shetland pony mare. Along came Welsh ponies, and we learned to train them for riding and driving. My brothers, sister and I learned about responsibility and work. Even ponies are a lot of work when you have enough of them, and we had plenty that we raised, trained, showed and sold.

But oh, the times we had. My friend Pam and I

rode our ponies into town, and across the desert to swim them in a large pond kept for range cattle. I rode my pony to choir practice, to visit my friends, and sometimes to deliver newspapers. Not all of my customers thought my pony was as great as I did.

Our ponies were our dearest friends, and when our young lives became too complicated, we could count on them to hold our secrets and absorb our tears.

In high school, many of my friends rode. We were not popular, but we didn't care. We were too busy having fun. We rode across the desert and knew the location of every irrigation well where we could drench our trusty steeds and ourselves as relief from the brutal Arizona sun.



Diana Kramer
PUBLISHER

Now, as a middle-aged "re-rider" after decades away from horses, I know my carefree and lackadaisical days of riding are over. Too many wrecks, too many responsibilities to just "let go" as I did as a teen. It's the trail, not the destination, that's important now.

I am not alone. We are legion — women who have figured out how to fit a horse piece into the puzzle of our lives. Some keep them at home, some board, some lease another's horse.

Each looks forward to those special moments with her horse or horses — the special nicker of recognition, the grooming routine, the thrill of a good ride. Each hopes to avoid the heart-stopping drama that can occur from a ride gone bad. You know, the drama of a trip to the hospital.

There is something magical and powerful about a relationship with a horse. Even as adults, we count on them to hold our secrets.

We hope you enjoy this month's magazine.

RENTON Magazine

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cover:

Robin LaDue, #8, on her horse, Bailey, participate in an endurance event. See page 14. Photo courtesy of Robin LaDue.

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

Maplewood Golf Course
425.430.6800

Police Dept
(non emergency)
425.430.7500

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



They have twisted and shouted their way to being a Beatles cover band, singing some of the top Beatles hits.

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

Wednesday at 7 p.m.
425-430-6700
Admission: Free



darren MOTAMEDY

august 13

This local, award-winning jazz musician has two Northwest Jazz Album of the Year awards in his trophy case.

Wednesday at 7 p.m.

425-430-6700

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

Admission: Free



august 12

The Emerald City K-9 Freestyle Dancers

A interactive sport for you and your dog, which is all the craze in Canada and England, is now making it big in the U.S. Come learn all about this sport with your dog in tow. The K-9 Freestyle Dancers have performed in the Seattle area for almost eight years.

Tuesday at 10:30 a.m.

Renton Community Center
1715 Maple Valley Highway

Admission: Free



august 12

Tennis Carnival

An event for ages 5 and up celebrating the end of the tennis season with games, drills, instruction and prizes.

Tuesday from 4 p.m. to 5:30 p.m.

425-235-9495

McKnight Middle School
1200 Edmonds Ave. NE

Admission: Free



august 14

Eric Herman

Eric Herman's sense of humor gives him instant rapport with kids. His music programs incorporate audience participation, and he introduces educational materials in a way that engages children.

Thursday from noon to 1 p.m.

425-430-6700

Kiwanis Park
815 Union Ave. NE

Admission: Free



august 22

Wild Waves Trip

The summer heat calls for a refreshing dip in a pool, or a run down a water slide. This youth activity gets pre-teens and teens out of the house. The trip will start at and return to a Renton location. Participants are advised to bring sunscreen.

Friday from 9 a.m. to 5 p.m.

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

Admission: \$20 resident/\$24 nonresident / 425-430-6700

www.rentonwa.gov

DOWNTOWN RENTON ART AND ANTIQUE WALK



august 23

Indoor and outdoor exhibits will liven up Renton's downtown area with bright colors, sculpture, pottery and more. It's an opportunity to meet at least some of the more than 75 artists displaying their work.

Saturday from 11 a.m. to 5 p.m.

425-430-6589

The Piazza

233 Burnett Ave. S.

Admission: Free

Classic Ford Show & Mustang Roundup

august 16, Saturday, 9 a.m.



Even if you don't have a vehicle to register, you can still get free hot dogs and soda! Spectators are welcome all day at the annual Bowen Scarff Ford Lincoln Mercury-sponsored classic Ford and Mustang show. Registration information is available at www.bowenscarff.com.

Bowen Scarff Ford Lincoln Mercury
1157 Central Ave. N.

253-852-1480

Admission: Free



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calendar of events

THEATRE

Once Upon a Mattress

Friday-Saturday, Aug. 1-2, 7:30 p.m.

Sunday, Aug. 3, 2 p.m.

Friday-Saturday, Aug. 8-9, 7:30 p.m.

Sunday, Aug. 10, 2 p.m.

This tweaking of the classic tale, "The Princess and the Pea," is about a wicked queen who declares no one shall marry until Dauntless shares his wedding bed. However, the queen has sabotaged every princess that has tried to marry Dauntless, until Princess Winnifred comes along and foils all the plans of Queen Aggravain.

425-430-6751

Carco Theatre
1717 Maple Valley Highway

Admission: \$12/adults, \$10/students and seniors
www.rentonwa.gov

For ages 6 to 11, this jungle-themed daytime activity will have children acting, singing songs and dancing to the stories of Aesop's Fables. Games, crafts and making new friends are part of the fun. A showcase will be held at the end of the camp for friends and family to watch what the youngsters have learned.

425-430-6700 or 425-430-6706

Carco Theatre, 1717 Maple Valley Highway

Admission: \$132 resident/\$158 non-resident

www.rentonwa.gov



Putmayo World Music Adventure

Monday-Friday, Aug. 18-22, 9:30 - 11:30 a.m.

For ages 8 to 11, this program allows children to explore musical cultures without ever leaving Renton. Children will take a "trip" around the world through songs, music, dances and a number of crafts.

Carco Theatre, 1717 Maple Valley Highway

Admission: \$66 resident/\$79 non-resident

www.rentonwa.gov / 425-430-6700

CHILDREN



The Noise Guy

Thursday, Aug. 7, noon to 1 p.m.

Charles Williams, "The Noise Guy," makes his living making little ones laugh and smile. He tells stories while making his own sound effects, and even tackles the taboo subject of bathroom noises using humor and tact.

425-430-6700 / www.rentonwa.gov

Kiwanis Park, 815 Union Ave. NE

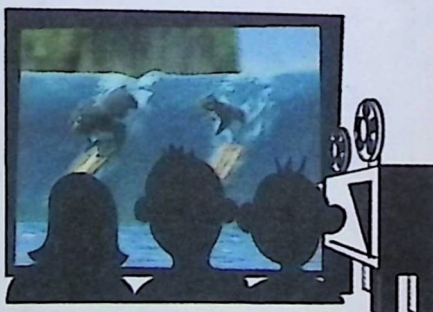
Admission: Free

Summer Musical Safari

Monday-Friday,
Aug. 11-22, 1:30 - 3:30 p.m.



FAMILY ENTERTAINMENT



Moonlight Movies

August 2: "Some Like it Hot" (NR)

August 9: "The Spiderwick Chronicles" (PG)

August 16: "Meatballs" (PG)

August 23: "Surf's Up" (PG)

Do you remember drive-in movies? If you don't, then come live the experience of watching movies

in the open air. All movies are shown at Liberty Park, with the exception of "Surf's Up," shown at Henry Moses Aquatic Center.

Fridays at 7 p.m., except "Surf's Up," at 8 p.m.

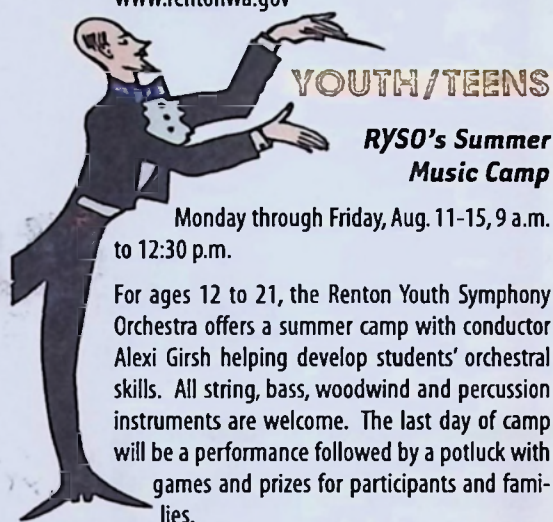
425-430-6700

Liberty Park, Bronson Way N. and House Way N.

Henry Moses Aquatic Center, 1719 Maple Valley Highway

Admission: Free except "Surf's Up," which is \$5

www.rentonwa.gov



YOUTH/TEENS RYSO's Summer Music Camp

Monday through Friday, Aug. 11-15, 9 a.m. to 12:30 p.m.

For ages 12 to 21, the Renton Youth Symphony Orchestra offers a summer camp with conductor Alexi Girsh helping develop students' orchestral skills. All string, bass, woodwind and percussion instruments are welcome. The last day of camp will be a performance followed by a potluck with games and prizes for participants and families.

Carco Theatre, 1717 Maple Valley Highway

Admission: \$72 resident/\$86 non-resident

www.rentonwa.gov / 425-430-6700

SENIORS

Renton Senior Activity Center

211 Burnett Ave. N.

425-430-6633

www.rentonwa.gov/living/default.aspx?id=40



Bandera Mountain and Mason Lake Hike

Tuesday, Aug. 12, 9 a.m. to 4 p.m.

This six-mile hike begins as a gentle climb on a beautiful, former fire road and then takes a series of switchbacks, making the climb more eventful and more challenging. Those with medical condi-

tions should exercise caution. Hikers are advised to wear sturdy shoes, dress for the weather and bring a sack lunch, water, and a mat to sit on.

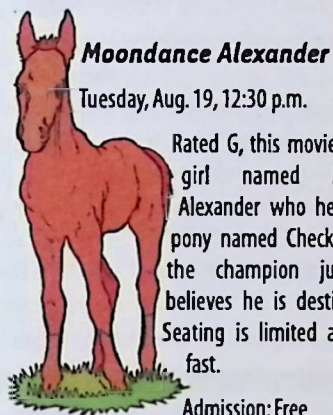
Admission: \$7

Pool Tournament

Thursday, Aug. 14, 10 a.m.

A rematch against the Auburn Senior Activity Center. The event is free and lunch is provided from 11:30 a.m. to 12:30 p.m. at \$3 for those over 60 and \$5.75, under 60.

Admission: Free



Moondance Alexander

Tuesday, Aug. 19, 12:30 p.m.

Rated G, this movie is about a girl named Moondance Alexander who helps a pinto pony named Checkers become the champion jumper she believes he is destined to be. Seating is limited and fills up fast.

Admission: Free

Tropical Paradise Dance

Friday, Aug. 15, 4 - 7 p.m.

Luau attire is advised with tropical paradise music by Joni Noel Duo and entertainment by the Wahine Ilikea Dancers. Supper will be served from 4 - 5 p.m. and tickets must be purchased by Aug. 13.

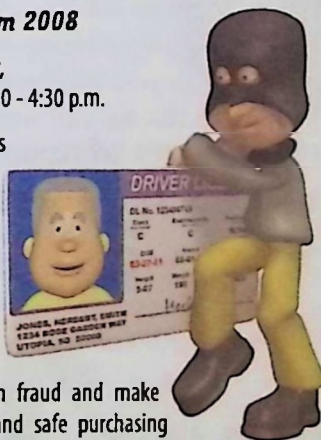
Admission: \$6

Scam Jam 2008

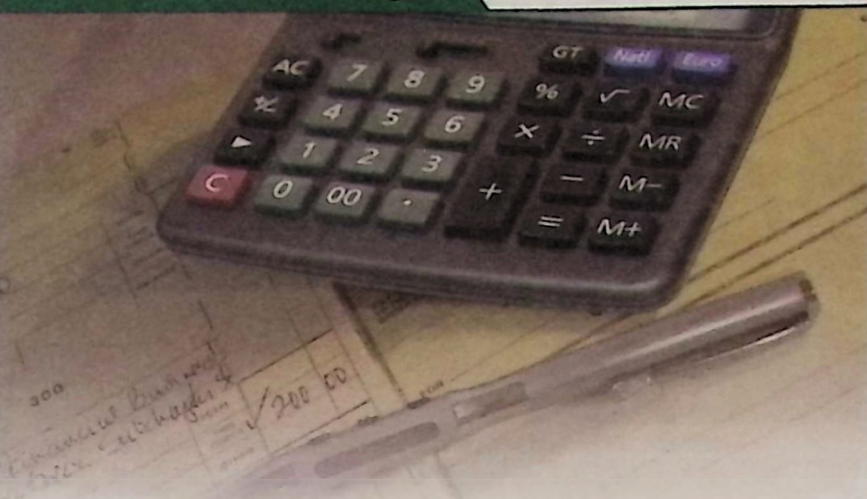
Wednesday, Aug. 20, 1:30 - 4:30 p.m.

This event is hosted by the Better Business Bureau to help seniors protect themselves from fraud and make informed and safe purchasing decisions. Educational brochures, local charity reviews and tips/information on consumer issues will be available. To register, contact the Renton Senior Activity Center.

Admission: Free



Small Business Checking



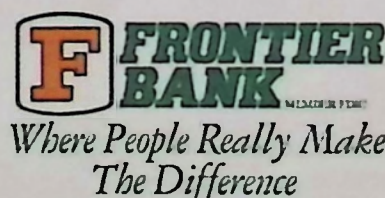
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My wife has a message for you...

*M*y wife Mary has a message for our women readers: Get regular mammograms! And for those who love them: Remind the women in your life to get regular mammograms.

Mary was diagnosed with breast cancer earlier this year, a devastating and frightening revelation, especially since her mother and a younger sister had previously been diagnosed with the disease and undergone mastectomies.

Fortunately, Mary gets a mammogram every year. The cancer was caught early and the mass was small. Equally as fortunate, it was not a virulent form of cancer. None of that made it less traumatic.

She underwent a lumpectomy to remove the tumor, and examination of "sentinel" lymph nodes showed the cancer hadn't spread. She now is undergoing radiation therapy five days a week for seven weeks at Valley Medical Center to make sure no cancer cells escaped the surgery.

"You never think it's going to be you," my wife

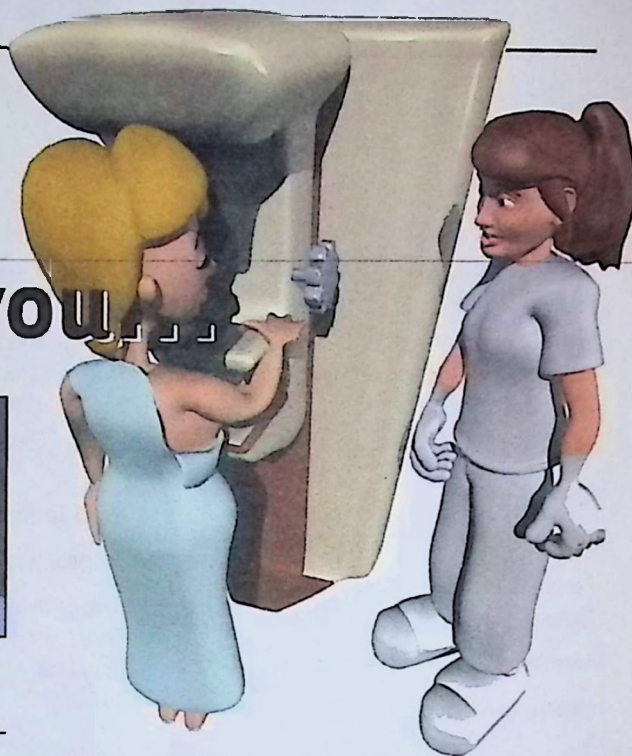
says of her diagnosis. "The bad news is that I was diagnosed with breast cancer. The good news is the prognosis is good because it was detected early," and early detection means a better chance of successful treatment.

"I'm fortunate my cancer was caught early and I want to make sure other women realize how important it is to get regular screening."

In celebration and support, Mary and I recently walked in the Susan G. Komen Race for the Cure in Seattle to raise money for breast cancer research. Mary also walked proudly with dozens of other breast cancer survivors in a Survivor's Parade around Qwest Field to the cheers of thousands of family, friends and other supporters.



David Suffia
EXECUTIVE EDITOR



While my wife was one of the shorter-term survivors of breast cancer in the parade, there were others who are many years into survival, some more than 20.

My wife is a strong woman with an iron will. She is back to playing golf regularly and working out in the gym, on top of working full-time. There is no time for self-pity in her schedule.

But there is time for her to keep reminding other women: Get mammograms regularly!

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The gift of summer



KIRBY UNTI

I heard the buses honking their horns and the kids hollering with joy because it was the last day of school. There is something absolutely magical about summer vacation.

One of the great luxuries of my life has been the privilege of taking off the better part of August. The people of St. Matthew Lutheran Church have been ever so gracious in providing our family with this time. We spend the entire year saving up so that we can take in some of the best venues offered in the Northwest. This has included our annual trip to Lake Chelan, where you can count on the sun to be shining, and whenever possible, a trip to Cannon Beach. The ocean has the power to restore our souls as we stare into the magnitude of its sheer power.

In recent years it has also meant a week cruising in the San Juan Islands. Seasoned travelers will tell you it is one of the most beautiful places in the

whole world. Talk to me in the middle of winter, and I am all for moving out of the Northwest. Talk to me during the month of August and I will tell you what a joy it is to live in paradise.

August for our family has been an essential bonding time. You spend a week with six people in a tent trailer, and you become close whether you want to or not. This was also true of our first Astro Van, after we'd allowed the salesperson to convince us it didn't need air conditioning. We will never forget the 110 degree day in Eastern Washington. It didn't make any difference if the windows were up or down, it was so hot. I know from hundreds of funerals I have performed that vacations hold some of the richest memories we have as families. They provide us with that rare opportunity to all be together. Now that the kids are old, we are lucky if we can grab an entire week together.

There is yet another blessing that comes from August. It is not only something we spend a year looking forward to, it is a month that renews our lives and makes it possible for us to have the strength, endurance and enthusiasm for the rest of the year. The luxury of a month allows me to unwind and disconnect from a vocation that totally owns me.

I love what I do, and what adds to the love is the time I spend as far away from work as I can get. I know that not everyone has the luxury of a month off, but let me encourage you to take even 24 hours to get away, to take in the beauty of the great Northwest, to spend time with the people who matter the most to you. You will never regret it.

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



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WALK THROUGH DOWNTOWN FOR ARTS AND CRAFTS

The third annual Art and Antique Walk is Saturday, Aug. 23, from 11 a.m. to 5 p.m. with more than 100 artists and crafters expected to offer their wares on downtown Renton streets and in stores.

"We are excited to bring together artists and crafts people from all over the Puget Sound region," said Ryan



Runge, founder and board member of Arts Unlimited, primary sponsor.

"Many of our artists are right out of our own backyard. I'd say 75 percent come from the South King County area."

Arts Unlimited is an all-volunteer group with 10 board members promoting arts and cultural diversity in Renton.

Runge, a real estate agent, says the goal is to bring more artistic pursuits to the downtown core. Arts Unlimited also promotes other events throughout the year.

"Many of the artists at the walk have



shown at past Arts Unlimited events, but it seems that as we continue to grow as an organization we are attracting new artists all the time," he said.

Artists and crafters will set up tables and booths on downtown sidewalks and inside downtown shops so the public can stroll city streets, look at local artwork and become better

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acquainted with the downtown business district.

"This year we are improving the layout by having a scavenger hunt in which people who attend will benefit from going to the outer areas of the downtown to search out clues which will help them win prizes. That will help us get better exposure for the artists who are on the outskirts of the walk.

"We plan to have street performers scattered throughout our event as well. Musicians, jugglers and more will perform



and keep the excitement going all day," Runge said.

Last year's event drew 100 artists, and Runge's group hopes to have as many as 120 this year.

"We have been working to get some other arts groups to attend so we can have a multitude of styles and media represented from well-known artists down to first-timers. That is what makes the event so exciting."



Runge says Arts Unlimited has worked hard to expose the public to new artists and in turn help out new downtown Renton businesses.

"We have been successful in doing that but we have some lofty goals. This year we teamed up with Mary Clymer and Happy Delusions to introduce crafts to our event," he said. "We are excited at the possibilities."

More information is available from the Arts Unlimited website at www.art-sunlimited.org.

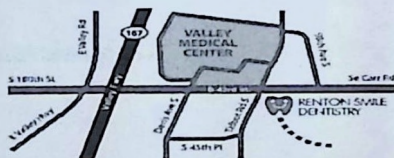
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Glenn Knowle

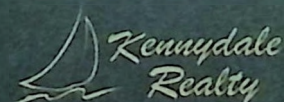
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with hoo

Horses strike a chord in some women like nothing else. As girls, they dream about horses. They pester their parents to get one. Some are fortunate to live with horses all their lives.

But for others, years pass. They raise families, work their jobs and love their spouses. And yet, the call remains: Visions of caring for a beautiful animal that is both strong and fragile; riding through open fields on soft summer evenings, down mountain trails on clear cool days, or like the wind, through autumn leaves; amazed that such an animal will listen to you and trust you.

Dr. Charles Emig, large animal veterinarian and horsewoman would be smart if between them and the horse.

"Close to 90 percent of my horse customers are women" he said. "Spending time with their horses is a way of relaxing and rejuvenating in ways that just doesn't seem to happen for men. The other side of this is that many of the decisions that women make about their horses are emotional, not rational. The relationship is that strong."

Women who ride come from all backgrounds. Some are drawn to the precision of dressage, others the adventure of packing into the mountains, or the challenge and recognition in competition. What they share is a simple love and caring for their closest of friends.

A clinical psychologist, Robin LaDue has been riding since age 3. Proud owner of "Bailey the Wonder Horse," LaDue prefers endurance riding, covering from 25 to 100 miles in an event.

"Most women like collaboration more than they like competition," she says. "You trust and love your horse, and they love and

trust you. When I've had a bad day, it's always come back to you. It's always come back to me. Riding through the bond with my horse that I just can't let go of each other. It's hard to imagine.

Carole Speirs says she's built a bond with her horses. "Horses' minds are great," she says, "when you care for them. You always learn something new, give lessons, be patient and kind. It's great not only to be able to see their smiles. Horses are really intelligent. They stand. They are very gentle creatures."

A licensed massage therapist, horse, Autumn, for about three and ground work (a series of ex-

"It is amazing when a 1,200 to you, so you have to learn to really is mentally stimulating, and learn how to ride and learn how worth it."

Krakowiak explains the difference. "Horses are prey animals, so it's difficult to work with them. I like and love them pretty quickly. But prey animals are afraid. They have to work at it."

Likewise, Ally Petrenko co-owns a horse business. "I also have cats," she says. "My relationship with a horse is different than my relationship with a cat. It's a different relationship."



yes

From top left, Lucy Krakowiak, Carole Speirs, Ally Petrenko, Sue Wittmier, Bailey the Wonder Horse and Jessica Lehw.

I go to the barn and talk to Bailey. I know he listens. The sense of freedom in the countryside is an amazing sense of freedom. I have a bond with anyone or anything else. We take care of a creature this big could be so kind."

on horses since she could walk. says. "You can get a tremendous sense of gratitude and a tremendous sense of accomplishment when you come in from a challenging ride. Horses are lovely to ride, but to put your grandchildren on a horse and be quiet and gentle around kids, as if they really understand."

horse

and active in politics, Lucy Krakowiak has had her share of challenges. She prefers a mix of dressage (precision riding) and performance (performed from the ground). A sound animal invites you into its life. They can't talk to you. It's a risky hobby, but hugely rewarding. It takes time to learn how to communicate with the horse, and to take care of it. They take a lot of care, but they're

the difference between owning horses and dogs. Their first instinct is flight. So, you have to be peaceful with dogs, but they're predators. They bond with you and take a long time before they really trust you. You compare horses with another household pet, the cat. Horses mostly look to you for their next meal. A relationship has to be worked with them to foster that relationship.

Better listeners than husbands

Petrenko, who works for a large coffee company, has had her horse, Cabo, for two years. Although highly trained, Cabo was being auctioned for slaughter when he was rescued. Petrenko has been working with Cabo for the past two years to build his confidence and trust in humans.

"Rescue horses are even more challenging," she says, "because you have to turn fear and dislike into trust and confidence."

Nonetheless, "horses listen better than a lot of husbands," Petrenko claims. "Horses are a one-of-a-kind relationship. Not a power trip. You can have a deep bond with an animal that is looking to you for reassurance and leadership."

A truck driver by day, Sue Wittmier has been riding since she could remember. Wittmier, her sister JoAnn and friend Penny Lehw have focused on competitive showing that evaluates their riding skills. In addition to the pickup and horse trailer, showing demands costumes.

"I'd never buy designer clothes, but my show costumes cost just as much," Wittmier admits. "I work hard all day long," she says, "and all I can think about is getting home and seeing and smelling my horses. My dogs and my horses are my children. They're what I get up for each morning. Your animals keep you grounded. No matter what else is going on in your life, you need to be there to take care of them."

Lehw adds, "Showing is a perfection thing. It's not just competitive; it's a matter of discipline. You go out there and you have 10 minutes to do your best. Afterwards, you break out the barbecue, meet new people and talk horses. It's great."

"I love my horses. They're always happy to see you — not like your spouse or your kids. Even when you're out riding in the shows with all the pressure, it's still relaxing. Jessica, my daughter, is just as horse-crazy as I am. And when I see Jessica out in the pasture and the horses are just there nuzzling her, it's worth it."

Jessica muses, "I like the feeling of them. They're soft and you feel pretty when you're around them. When I ride, I feel big."



A job for everyone when disaster strikes

BY ANDREW FICKES

Using the Internet to provide quick information is one of several tactics Renton city officials have devised for dealing quickly and effectively in times of disaster.

The city's Emergency Information website (go to <http://rentonwa.gov/> and click on Emergencies) got its first test Dec. 3, when the McDonald's on Rainier Avenue was gutted with fire, and traffic snarls multiplied because of regional flooding. The site, providing information about emergency services and alternate commuting routes, got 300 visitors within hours.

The web page was the idea of communications director Preeti Shridhar and supported by emergency management director Deborah Needham.

"This is our way of working on better notification of the public," Needham says. "This webpage serves as a gateway to information, including emergency numbers, location of shelters, public utilities status, how to get ahold of Puget Sound Energy, information on road closures. And as we explore individual neighborhoods, we'll identify the best locations to post information, because not everyone will have access to the Internet."

Needham took over as director of the city's Fire and Emergency Services Department (newly named last January) on May 21, 2007. She has taken a proactive approach to disaster preparedness, including all city departments.

"My goal is to engage every city department that has a disaster role at least once a year," says Needham.



PHOTO COURTESY OF CITY OF RENTON

A dramatic reinvention of disaster preparedness sees a volunteer victim cry out in realistic agony as he is extricated from a damaged vehicle by three CERT members: (left to right) Patricia Baxter, Donna Thorkildson, and Joseph McLean.

In September, the city will recognize disaster preparedness month with a Disaster Job Fair from 3 - 8 p.m. on the seventh floor of city hall. The fair will provide information on disaster-related jobs for which city staff and Renton residents could volunteer.

"During a time of crisis, most city employees' normal job would be suspended," she says. "Why not give city staff a secondary disaster job? During a disaster, we need all hands on deck."

To get neighborhoods and residents involved in making their own disaster preparedness plan, Needham began the "Map Your Neighborhood" program last September. The city has been training facilitators, who would work in their individual

neighborhoods, conducting group meetings to assess supply inventories. This way, neighborhoods can gauge how prepared they are, Needham says.

In collaboration with Renton Technical College, Needham has also begun the Renton Emergency Preparedness Academy. This fall the academy will offer 17 courses ranging from amateur radio operators to volunteer shelter training.

"The more people are prepared, it saves all the taxpayers' money and reduces the strain on needed resources for people who need it most," Needham says. "When the big disaster happens, we'll rely on everyone to do their part. I put this in the category of civic responsibility."

Residents interested in being first-responders are welcome to register for the fall 2008 Community Emergency Response Team (CERT) training course. Individuals or groups may contact Mindi Mattson at mmattson@ci.renton.wa.us or 206-276-4908.

CPR training is offered by the Fire and Emergency Services Department the third Tuesday of each month. Additional information is available from the department at 425-430-7000.



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BY ELAINE ANDERSON

It's not true that the only good slug is a dead slug. There are slugs here in our neck of the woods that are beneficial. I say "neck of the woods" because that's where these good guys are usually found. You may never meet them if you have a city garden. But, if your lot includes both a garden and a wooded area, you may.

I am referring to the Pacific banana slug,

Ariolimax columbianus. Unlike the garden slug, *Deroceras reticulatum*, and the European slug, *Arion ater*, the Pacific banana slug is a native. It is the second largest terrestrial slug in the world and can grow to over 10 inches in length. Aren't you glad it's a good guy? *Ariolimax columbianus* often looks like a banana, with its yellow body and its black spots. However, these slugs with "white hats" can also be found in green, light brown, and even white. Some have so many black spots they appear to be solid black.

Exotic (non-native) slugs are of great concern to gardeners, but native slugs play an important role in our ecosystem. They are decomposers, chewing up dead plant material and droppings on the forest floor and

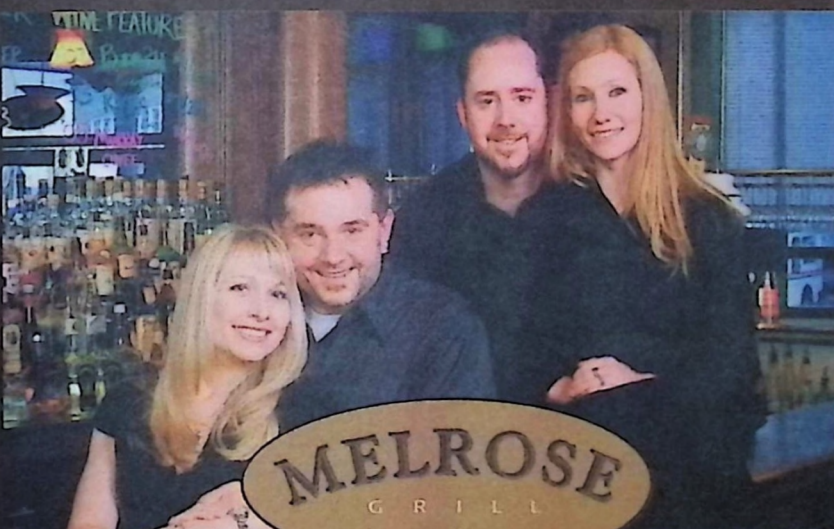
recycling them into soil. They are indicators of a healthy forest, and they are unlikely to be interested in your primroses and hostas.

One of the fascinating things about all slugs is slime. It protects them from predators. Most slug predators don't like the gooey texture of mucous, which gets even gooier once it's in the mouth. Slime allows the slug to move easily along the ground or along the sharp edge of a razor blade, should the animal cross paths with one. Slime is strong, and a slug can use it to drop from a tree. Researchers have been trying to reproduce slug slime because it's a natural glue. It also has potential uses in medicine.

Slime is fascinating, and banana slugs are biologist and nature writer

David George Gordon's favorite slime producers. "They're the little guys who build the forest by processing the material and pooping out the good stuff... Banana slugs are elegant if you look at their design, coloration and size - they're the bald eagle of the slugs..."

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



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renton museum

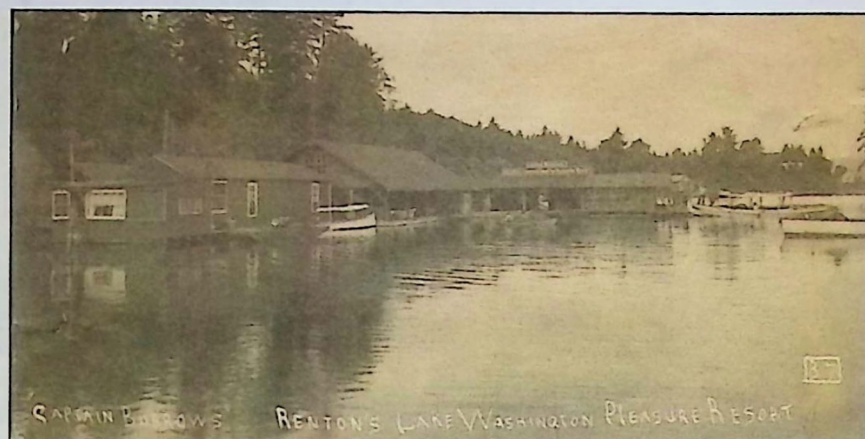


PHOTO COURTESY OF RENTON HISTORY MUSEUM #141.3048

Burrows Winter and Summer Pleasure Resort, circa 1910.

The resort that disappeared

BY ELIZABETH P. STEWART

In about 1897 an enterprising 30-year-old from Missouri, named Ferry Fay Burrows, settled in Renton, where the Black River joined Lake Washington near the present-day Municipal Airport. Capt. Burrows brought his wife Martha and three children, and for many years they entertained avid fishermen from Seattle at Burrows Winter and Summer Pleasure Resort.

Only a few years before Burrows arrived, the Black River had been the main source of food for the Duwamish people. Ferry Burrows bought two acres of land from "Tenas, or Little Bill, and his wife, Indians" in 1899. Burrows' daughter, Ruth Venishnick, recalled much later that one Duwamish woman returned every autumn to harvest wapato root, a dietary staple, from their riverfront. Ferry and his young family lived in a little duck hunters' cabin near the mouth of the river for a few years while building their own home.

Fish were important to the diets of the first white settlers, but Burrows Resort depended on a different kind of fisherman: city sportsmen with time on their hands and money to pay for recreation. Capt. Burrows' weekend customers would ride the street car to its Rainier Beach stop; there the captain would pick them up and row them out to his boathouse on the lake. The fishing was so good, Homer

Venishnick recalled in 1989, that "they put 8 or 10 guys in [a boat], and had a couple bushel baskets, and when the bushel baskets were running over, they'd come in."

While the Burrowses provided recreational fun for paying customers – Capt. Burrows serving as fishing guide and Martha cooking chicken and biscuits for their dinners – it was not an easy life. When they were not entertaining sports fishermen, they were boarding the rough-and-ready men who drove logs up the rivers to the Sound. Capt. Burrows also ran steamboats on Lake Washington – the Minnie Mae and the Elfin – carrying logs and passengers.

The Cedar and Black Rivers flooded so frequently back then that water would frequently come up into their house. Martha would lay down planks so that she and her children could walk above the water. Although the completion of the canal connecting lakes Union and Washington in 1916 did help alleviate the regular flooding, unfortunately it also dried up the Burrowses' livelihood. They tried to move their boat moorings further out, but the marsh took over, the Black River stopped running, and the resort was finished. Ferry and Martha bought a piece of property on Factory Street and retired there. Ferry died in 1925, but many happy fisherman remembered Burrows Resort.

For more information, go to <http://www.rentonwa.gov/living/default.aspx?id=13330>. Elizabeth P. Stewart is the Director of the Renton History Museum, info@rentonhistory.org, (425) 255-2330.

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How important is rabies vaccination for your pet?

BY CHARLIE POWELL

Recently, Good Samaritans had 23 homeless dogs and two cats shipped to the United States from Iraq. The animals had been befriended by U.S. soldiers and arrived in New Jersey. Soon they were distributed throughout the country.

One of the dogs developed rabies and died, creating a large public health problem requiring immediate attention. Three of these dogs made their way to Washington.

Rabies is a deadly, serious disease for all mammals, especially humans. Rabies is totally preventable with appropriate vaccination. So yes, rabies vaccination of your pet is absolutely essential to maintaining the level of public and animal health we enjoy now.

The rabies virus is most often, but not exclusively, passed through the bite of a rabid animal. It then infects the central nervous system, causing brain disease and ultimately death.

The CDC notes most cases occur in wild animals including raccoons, skunks, bats, and foxes. Domestic animals account for less than 10 percent of the cases, with cats, cattle, and dogs most often reported rabid. The Big Brown Bat is the only known animal reservoir for rabies in Washington, but there has not been a comprehensive survey either.

Early symptoms of rabies in humans are nonspecific, consisting of fever, headache, and general malaise. Progressively, neurological symptoms appear and may include insomnia, anxiety,

confusion, slight or partial paralysis, excitation, hallucinations, agitation, drooling, difficulty swallowing, and hydrophobia (fear of water). Death usually occurs within days of the onset of symptoms.

Wisconsin teenager Jeanna Giese is the only unvaccinated human known to have survived rabies once the symptoms set in. Giese was bitten by a rabid bat at church in 2004. She did not seek medical attention. Within a month, she became extremely ill. Her hospital physicians administered an unproven combination of drugs and induced a coma in an effort to save her life. Eleven weeks later, she left the hospital in a wheelchair as an international medical footnote. Her subsequent recovery has been nothing short of astonishing and she is for all intents normal.

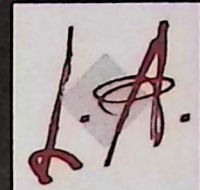
The experimental treatment has been attempted elsewhere without success, despite the disease killing some 60,000 humans worldwide annually.

The Washington contingent of "Baghdad dogs," was eventually located in three separate homes. Each was under the watchful eye of local public health officials and caring owners. Given the time passed so far, it is unlikely they will develop the disease.

Another important point about rabies vaccinations is the travel restrictions your pet will face if you do not have proof of a current vaccination status. For more information on rabies vaccinations or any other vaccinations for your pet, contact your family veterinarian.

Charlie Powell is public information director for the College of Veterinary Medicine at Washington State University.

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Faith and community

ENABLE BRAIN-INJURED MAN

Story by Andrew Fickes / Photos by Jagoda Sondej

It is so rewarding to see his improvements and to know that in some small way, my time once a week is helpful.

~ Jill Hallin, therapy volunteer

Mary and Craig Esvelt say they are blessed by the many volunteers who help Seth. From left to right are Karen Canady, Joanna Fetter, Jill Hallin, Kathy Dumont, Kathy Fadden, and Leanne Anderson. (Inset) Mary and Craig with son Seth.

Before the accident, Seth was completing a double major, business and behavioral

Bible Fellowship in North Bend.

BENEFIT GOLF TOURNEY

The support from the surrounding community has surpassed the Esvelts' expectations.

On July 13, the Links at Olson Mansion in Maple Valley sponsored the First Annual Seth Esvelt Benefit Golf Tournament. The event raised approximately \$22,000, which will help buy a wheelchair van to transport Seth on social and recreational outings.

Up until now, he has depended on state-funded transportation, available only for medical appointments.

The Esvelts have never solicited funds. Through the generosity of others, however, the expense of moving Seth home was covered, a room was remodeled for his individualized care, and a special passive exercise machine was obtained.

That support has made a difference, not only to Seth, but to all the family, says Mary Esvelt.

"Although our situation is a daily heartbreak, as we look at Seth like he is and remember who he was, the care and concern of the people in the community has lightened our load, and we are grateful for the sacrifice of time and love that each has made."

"The love that surrounds Seth is inspiring," says Lerner. More information about Seth along with ways to volunteer time and resources are available on his Web site, www.sethesvelt.com.

On a cool Thursday afternoon in July, a rhythm motion starts up at the Renton home of Craig and Mary Esvelt. A team of six women from all walks of life, but with a single purpose, circle around 28-year-old Seth Esvelt to help with his therapy. Some day, they hope, it will help him walk again.

Jill Hallin, who knew the Esvelts only in passing two-and-a-half years ago, volunteered in January 2006 to help the family begin "patterning" therapy for Seth, who suffered a traumatic brain injury. The therapy is a way of reprogramming the brain by moving the head, arms and legs simultaneously.

Hallin leads the Thursday team, moving Seth's head and instructing the other women to move arms and legs. In recent months, Seth has shown signs of improvement, even moving his head somewhat on his own.

"It is so rewarding to see his improvements and to know that in some small way, my time once a week is helpful," says Hallin. She is one of 30 volunteers who visit the Esvelt home four times a week.

"It really humbles us that so many people come in each week to help Seth," says his mother, Mary.

BEST OF BOTH WORLDS

On the evening of Aug. 16, 2003, Seth dodged a vehicle on a busy highway in Riverside, Calif., overcorrecting his blue Chevy and launching over an embankment. He was ejected 40 feet from his truck, while a girl friend endured only bruises and a broken nose.

science, at California Baptist University. An avid snow skier and surfer, Seth had the best of both worlds, living just an hour from the California beaches and an hour from Big Bear Ski Resort.

Seth managed a 3.5 GPA while working two jobs and enjoying an active social life. His younger sister, Kirsten Esvelt, attests he was the life of the party.

"Seth could make me laugh more than anyone else. He had the rare ability to take a simple occurrence and turn it into a hilarious story. I thank God for the 19 years He gave me with Seth to store up memories."

The first three to four months following the accident, Seth was in a deep coma. In the five years since he has made tremendous strides, thanks to attentive care by his parents, family, friends, and therapists. Today, he is in a minimally conscious state; he responds to written and verbal cues and even responds to jokes with appropriate smiles.

"The amount of progress he has made has surpassed our expectations," says Vicky Lerner, a physical therapist at Valley Medical Center. "The level of care his parents provide for him is mind-boggling."

"This would be much more difficult for us without our faith," says his dad, who is a pastor at Compass





Aquatic Center is a hot spot for cooling down

BY ANDREW FICKES

The Henry Moses Aquatic Center, in its fifth year of operation, is still making a big splash, with summer crowds showing up daily to have fun and cool off.

The center, located off Highway 169 near Carco Theatre and the Renton Community Center, boasts two 26-foot tall orange and blue waterslides; a lazy river; a zero depth activity pool; a wave pool; a six-lane, 25-yard lap pool, plus several rental canopies popular for birthday parties.

When kids aren't busy shooting down the slides or testing their might against the rollicking waves, they're filling up on food at the Shark Bites Café.

"We typically see about 650 to 700 people here on a real hot day," says pool co-manager Rochelle Borthwick, a University of Washington student. "We're definitely an affordable place, especially for Renton residents."

Renton residents pay significantly less for pool admission, because their tax dollars subsidize pool operations, Borthwick says.

Jerry Rerecich, Renton's recreation director, says: "It's unique for Renton and the entire area, because it's the only pool of its type. The closest thing would be Wild Waves in Federal Way."

But where Wild Waves is a mega-center

Ready to take a dip?

The Henry Moses Aquatic Center is open seven days a week from noon to 7:30 p.m. through Monday, Sept. 1. A twilight swim is held Monday, Wednesday, and Friday from 8 to 10 p.m. for a reduced price.

Admission prices and swimming lesson schedules are listed under the Living/Parks and Recreation links at www.rentonwa.gov. The center is located at 1719 Maple Valley Highway. Phone number is 425-430-6780.

of rides and waterslides on a vast amount of land, Henry Moses packs a lot of entertainment on a small amount of acreage.

One mother, Christine Hills of Bellevue, says that's fine by her.

"This place is better than Wild Waves," she says, watching over 2-year-old daughter, Edi. "It's much more confined, so you can keep track of your kids better."

Her friend, Tracy Wadley of Covington, agrees. For the past few years Wadley has purchased a season pass for three children and herself. She visits three to four times a week and says the high number of lifeguards assures her that her youngsters will be safe.

"This place is good for the little kids," she says. "There is a wide range of activities for toddlers to age 10."

Rerecich says pool staff are proud of the safety measures. Of the approximately 55 full-time lifeguards, about 24 to 25 are on duty at any one time.

The aquatic center opened in the summer of 2003. The city's investment was \$4.1 million. A survey gauging resident feedback is conducted each season, and Rerecich says the center continually gets high marks from Renton residents.

"It's a good bargain to spend a couple of hours," he says. "It's fun seeing families in the pool, having a good time together."

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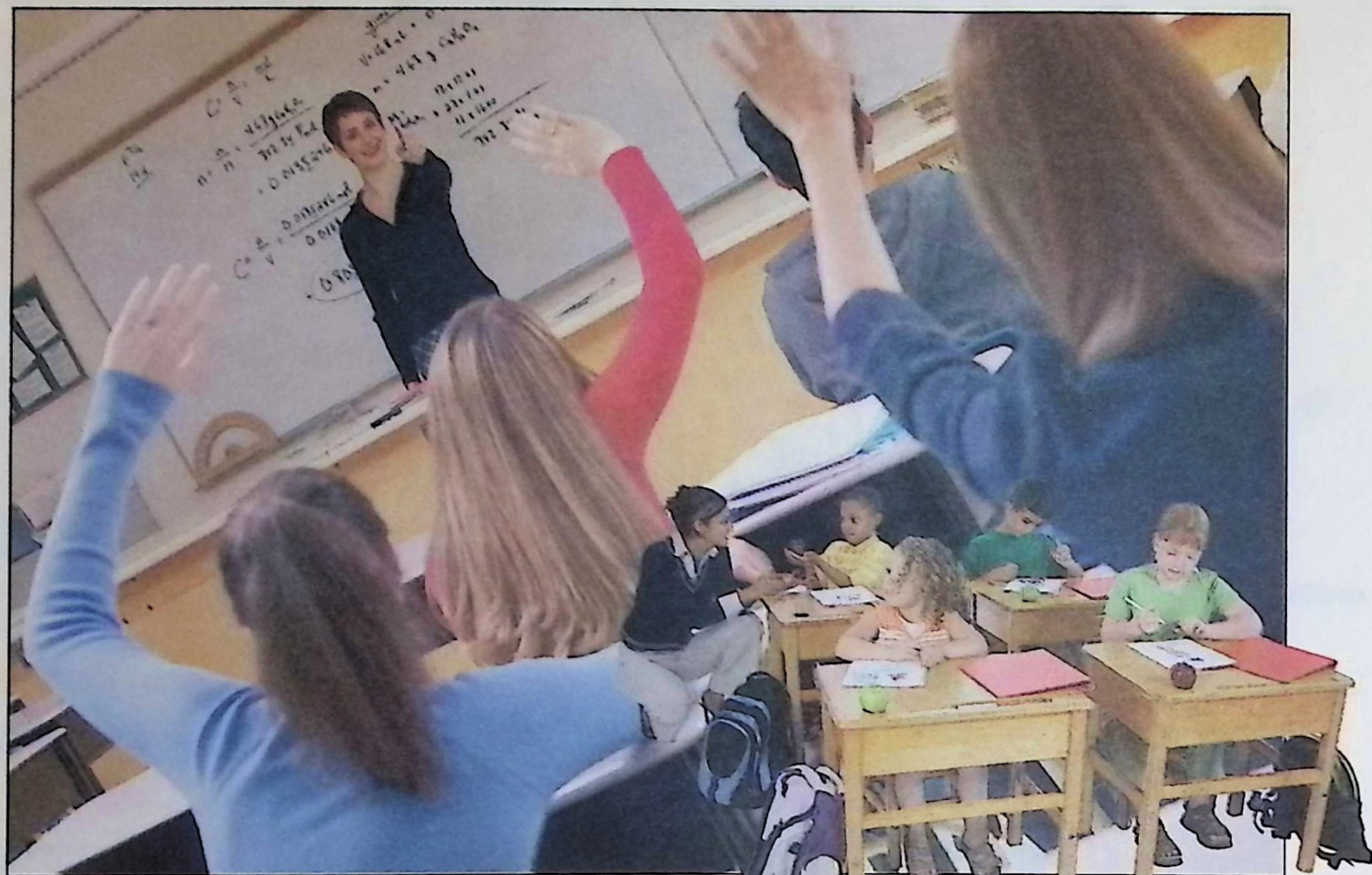
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Renton Schools good news announcements

Renton High student selected for law internship with Institute

Renton High School student Athena Laoang has been selected from a competitive pool of applicants for a Judicial Internship with the Future of the Law Institute. Athena will attend legal workshops, career counseling, a mock trial, a courthouse tour, and have an opportunity to meet with legal professionals. She will also be matched with an attorney, judge or law student mentor for the school year.

Former Renton Academy student given special recognition

Former Renton Academy student Kevin Taul was awarded the first annual Frederic H. Row Leadership award for being the first student to transition from the special educational setting into a comprehensive high school. Kevin was selected for his positive leadership, goal setting, and determination to succeed. He will attend Lindbergh High School as a tenth grader this fall. The award was named after Fred Row, recently retired assistant superintendent for learning and teaching, who in 2006 helped create the Renton Academy for students in special education.

Bryn Mawr/Cascade schools recognized for academic improvement

Bryn Mawr and Cascade Elementary schools have won the Washington State Title I Academic

Achievement award for academic improvement and narrowing the achievement gap between ethnic minorities and white students. The award is given to schools that are part of the federal Title I program, aimed at raising the achievement of low-income students. The schools each will receive a cash award of \$3,500 to continue to improve student instruction in reading, writing, and math.

Scholarships near \$4 million for Renton high school graduates

Graduates from all Renton high schools were awarded nearly \$4 million in scholarships to colleges and universities throughout the United States. Nearly 475 graduates said they planned to attend a college or university; 35 said they were entering the workforce; 11 enlisted into the military; and others were entering apprenticeship programs.

Grants help district teachers pursue science education training

More than 30 district teachers are participating in summer professional development classes to better their science-teaching skills at the Institute for Systems Biology in Seattle. The training is made possible thanks to a five-year, \$721,000 science education grant from the Howard Hughes Medical Institute. The on-going training is aimed at improving the knowledge and classroom skills of Renton science teachers to ensure students from kindergarten through high school are exposed to leading edge approaches to science.



PHOTO COURTESY OF CORNER OF LOVE MINISTRY

Patrick McKenzie examines a child's teeth. Dental hygienist Cindy Wu assists. McKenzie, who traveled to San Ramon last February for the first time, remembers the people there being very gentle and patient.

BY ANDREW FICKES

It started with a spiritual tap on the shoulder.

"It was fall of 2004 that I had my first inkling of God tapping on my shoulder," says Dr. Richard Quinn, Renton periodontist. "It's just one of those things where you feel the impulse, you feel the urge, and you do it."

What Quinn and his wife Sue, a retired licensed hygienist, did was to start going on medical missions to Nicaragua, where most families live on less than a dollar a day and cannot afford dental care. The Quinns have been to the country several times since February 2005 and were headed there again in late June.

The twice-a-year missions to San Ramon, Nicaragua, and outlying areas are organized by Corner of Love Ministry, sponsored by Shepherd of the Valley Lutheran in Maple Valley. Executive Director Tanya Amador and husband Nelson, a native of San Ramon, founded Corner of Love in 2001.

My ability to love people who are not the same as I am has strengthened.

~ Sue Quinn

Renton doctors deliver aid to people of Nicaragua

"The general population suffers from water-borne illnesses, so everyone receives anti-parasite medication," says Amador. "Wounds that are untreated are treated there. People who go down on these mission trips are able to put their whole life into perspective."

The non-profit's mission team last winter included 53 individuals (including doctors and dentists) from the United States and 37 from Nicaragua.

During the last mission trip, Sue Quinn provided fluoride varnish to 674 children, protecting their teeth from decay for up to six months.

Richard Quinn, with other dentists, treated 173 patients over a period of five clinic days.

"We learn about the human spirit and how people can adapt and accept challenges," Richard said. "It's incredible the challenges they face; it would break a person living in the U.S."

"It's helped me be a more fluid person, to be able to think outside the box," said Sue. "My ability to love people who are not the same as I am has strengthened."

Dr. Patrick McKenzie, a semi-retired general practitioner in Renton, has been to Mexico

twice with the non-profit Flying Doctors and to Honduras once with Portland-based Northwest Medical Teams.

"I was particularly impressed by Corner of Love, because it's a faith-based ministry," he said. "I wanted to go on another trip and I thought people there had very good values and motives, and unselfishly wanted to help people."

McKenzie went with the group last winter. He remembers the people in Nicaragua being very gentle and patient.

"One woman broke down in tears because she was so grateful," he said. "She waited for two days to get her tooth fixed."

Because of increased costs for advance treatments, McKenzie said the team was confined to basic fillings, extractions, and cleaning teeth.

"The need there was so tremendously huge that sometimes it was discouraging to think: 'Are we even making a dent?'" he said.

In total, \$19,000 worth of dental equipment was purchased to supply Corner of Love's clinic in San Ramon. Teams filled 22,473 prescriptions for nearly 5,000 medical patients.

But was it enough?

Said Sue, "On our last clinic day, I cried. I thought, 'We could do so much more.'"



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healthy advice by dr. bob thompson

Drinking enough water is a top priority for good health

During these beautiful summer days in the Pacific Northwest when the temperature rises and we are more physically active, it is important to pay attention to our daily need for water.

Water is a major life source of the human body, second only to oxygen and more critical than our daily need for food. Every system in our body relies on water to run smoothly. Water transports nutrients and oxygen to cells, aids in food digestion, regulates your body temperature, and removes wastes and toxins from your body. Water prevents constipation, cushions your joints, protects organs and tissues and cools down the body.

But how much do you need to drink daily to maintain good health? While thirst is the body's natural alert that you need more water, it's not enough. The Institute of Medicine recommends the following:

- Men should consume roughly 3 liters per day or 13 cups of water daily
- Women should consume 2.2 liters per day or 9 cups of water daily

According to the American Medical Association, the best way to meet your daily water quota is by drinking plain water. Fruit juices, milk, caffeine-free drinks and similar beverages are also good water sources. Fruits and vegetables also provide water, especially lettuce, watermelon, broccoli, and grapefruit, which have high water content. But beware of caffeinated and alcoholic beverages since they contain diuretics that cause the body to lose water.

Also regarding the tap water/bottled water debate, it is well established that tap water provided to our homes is safe, and if at any time our water doesn't meet strict safety standards, the Environmental Protection Agency requires public notification. The FDA has similar standards to regulate the safety of both tap and bottled water. The FDA has also confirmed that the fluoride provided in

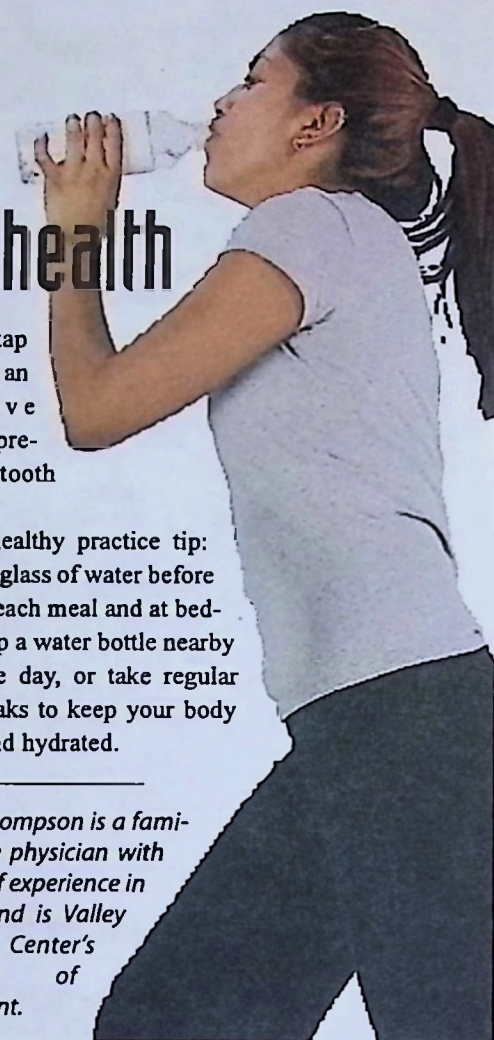


Dr. Bob
Thompson

our tap water is an effective way to prevent tooth decay.

My healthy practice tip: drink one glass of water before and after each meal and at bedtime. Keep a water bottle nearby during the day, or take regular water breaks to keep your body healthy and hydrated.

Dr. Bob Thompson is a family practice physician with 25 years of experience in Renton, and is Valley Medical Center's Director of Recruitment.



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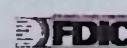
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~ Dr. Patrick L. McKenzie

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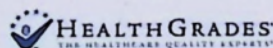
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