

Volume 6 / No 5 May 2011

RENTON *Magazine*

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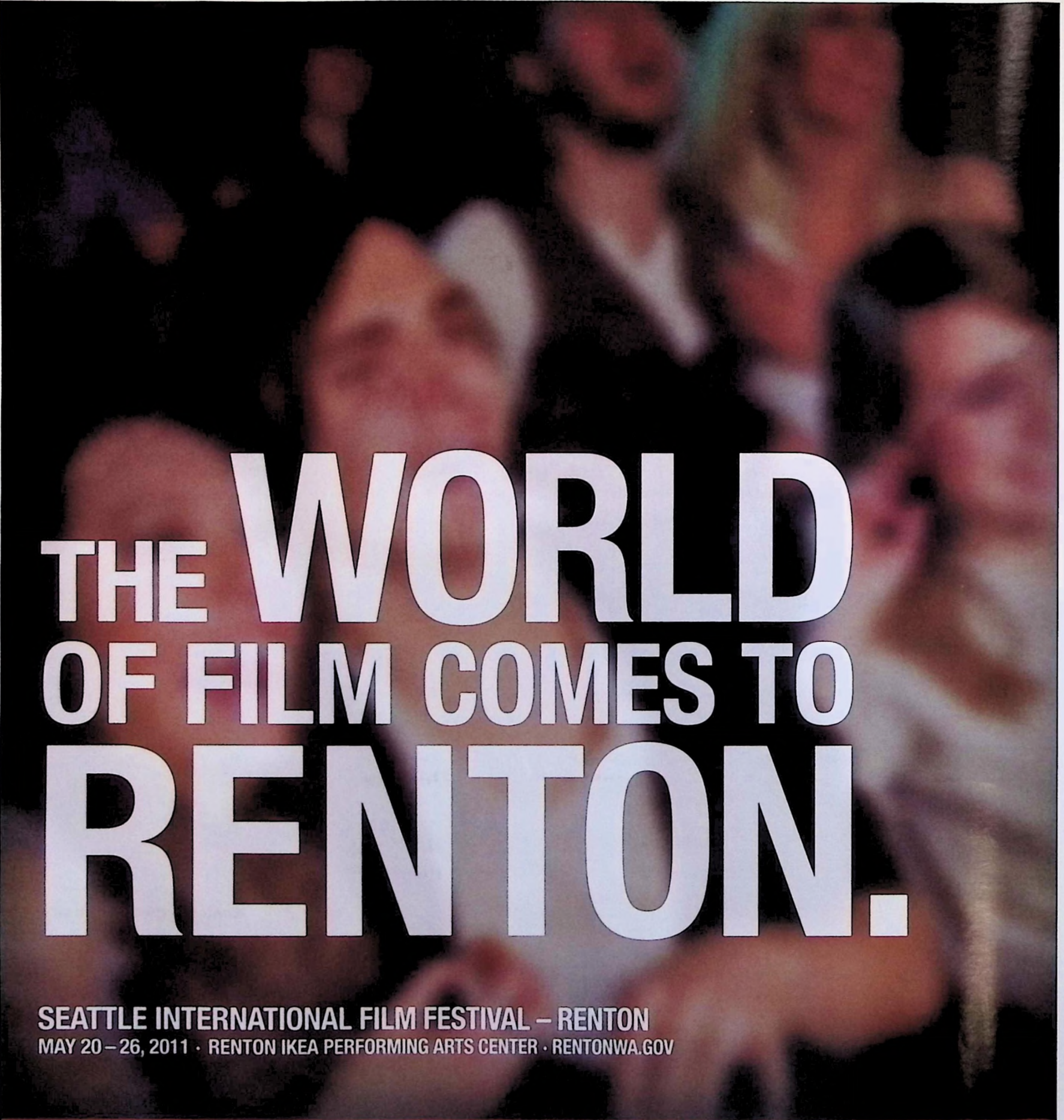
RENTON

PREVIEW

Film
Walk

Curtain rises on
Film Fest May 20
Preview is May 11

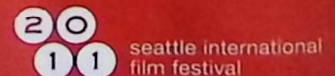
page 18



THE WORLD OF FILM COMES TO RENTON.

SEATTLE INTERNATIONAL FILM FESTIVAL – RENTON
MAY 20 – 26, 2011 • RENTON IKEA PERFORMING ARTS CENTER • RENTONWA.GOV

Proudly brought to you by the Renton School District, Renton Technical College,
Renton Chamber of Commerce, City of Renton, Renton Visitors Connection, and Valley Medical Center.



This month Renton will host thousands of visitors, film aficionados attending the world premier of the Seattle International Film Festival-Renton. SIFF is the nation's largest and oldest international film festival. This year it's expanded to include 20 screenings at the IKEA Performing Arts Center.

This is a wonderful new event that will bring people to Renton's downtown, regardless of whether they are from New York City or the Renton Highlands.

There will be adult as well as family fare, sub-titled foreign films as well as English language. It's a movie-lover's delight.

As usual, Renton's leadership is working collaboratively to promote the event. The host committee represents many community segments from private and public sectors. As is the Renton way, support is broad-based and gener-

ous.

Having SIFF expand to Renton makes perfect sense, as Renton has a vibrant arts community, which is also an important part of our economic climate.

Renton is home to many beautiful art installations in public places.

All can be viewed for free. For a complete list, visit www.rentonwa.gov and search for "public art." Several are downtown, within walking distance of the IKEA Performing Arts Center.

Last month I listened to National Public Radio coverage of the wedding of Prince William and Kate Middleton. The interviewer asked one older British woman why public money should



Diana Kramer
PUBLISHER

be spent on the wedding, as Great Britain had so many needs. Surely, during this recession, the money could be put to better use. The woman was shocked at the very idea. She said England needs something to lift the spirits of the people and bring them together.

Public arts funding is under tremendous pressure. A strong case can and has been made demonstrating how the arts contribute to our economic well-being. But the arts are important for more than that, just as SIFF-Renton brings much more to our community than visitors' dollars. Arts nurture our individual and communal soul and spirit; they are what lift us up. We today reap the benefit of past investments in the arts. It is up to us to refresh and replenish artistic expression through our continuing support.

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contents

4 **upcoming events**

6 **calendar of events**

7 **kirby unti**

10 **fresh tastes**

14 **around the garden**

15 **renton history**

16 **barbara madsen**

19 **siff renton**

cover:

The Seattle International Film Festival is coming to Renton this month — 20 movies at the IKEA Performing Arts Center at Renton High School. A free preview is May 11. The Gala Opening is May 20. The full schedule won't be posted until later in May, but watch for details at our facebook page: www.facebook.com/Renton-Magazine. See stories starting on page 19.

important phone #'s

City Hall
425.430.6400

Chamber of Commerce
425.226.4560

Community Center
425.430.6700

Fire Dept
(non emergency)
425.430.7000

Renton Library
425.226.6043

Renton Highlands Library
425.277.1831

Police Dept
(non emergency)
425.430.7500

Puget Sound Energy
1.888.225.5773

Renton Community Foundation
425.264.0516

Renton Magazine
425.271.9300

Renton Museum
425.255.2330

Senior Activity Center
425.430.6633

Valley Medical Center
425.228.3450

Spring Festival & POKER TOUR

Saturday,
noon to 5 p.m.

Piazza Park
S. 3rd and Burnett
Ave. S.

206-772-4010
(Spring Fest)
425-235-6449
(Poker Run)

www.piazza-
renton.com
scbressler@
comcast.net

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

Join the Piazza Renton
group for its annual fes-
tival with vendors, food,
and music. The Spring
Festival's sixth annual

Downtown Poker Tour will
include up to \$1,000 in
total prizes, as well as a
drawing for turning in a
completed hand.



May 7 and 8

SLEEPING BEAUTY

Princess Beauty is a cutie, but being pretty doesn't cut it when you really want to slay dragons and find adventure. Will Beauty get to be her very own hero – or will she be interrupted by a 100-year nap? Will the Prince save her – or will she save him?

This version isn't just for little girls – the boys will love it, too!

Produced by Studio East

Saturday and Sunday, 11 a.m. and 1 p.m.

Renton Carco Theater
1717 Maple Valley Hwy, Renton, WA

425-820-1800

www.Studio-East.org

Admission: \$9



May 14

GREEN AND CLEAN

The city's "Green and Clean" volunteer project at Heritage Park is an opportunity to dig in and help maintain this area for everyone to enjoy. Families are welcome. Tools are provided, along with plenty of water and an energizing snack. Children under 14 must be accompanied by an adult or guardian.

Saturday 9:30-11:30 a.m.

Heritage Park
233 Union Ave. N.E.

425-430-6600

www.rentonwa.gov



May 14

ROTARY WINE EVENT

Quality wines provided by more than 15 local and regional wineries will be available for tasting. The evening will include a glass and jewelry sale and catered meal. All proceeds will support Renton Rotary's various endeavors in the Renton community.

Saturday, 5 to 10 p.m.

Home of Denny and Bernie Dochnahl
13200 Lake Kathleen Road S.E.

206-947-1120 (Denny)
206-941-1533 (Denis)

To register, send a check to:
Denis Law, 3625 Lake Washington Blvd. N.,
Renton, 98056.

Admission: \$60

May 5.....

LAUNCHING LIFETIME LEARNING BENEFIT BREAKFAST

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

Thursday, 7-9 a.m.
mpteal@comcast.net
425-736-4827

Renton Pavilion
Event Center
233 Burnett Ave. S.

Admission: Free
(suggested minimum
donation of \$100)

May 7.....

SPRING RECYCLE DAY

This one-day event gives residents an opportunity to recycle large items and hard-to-recycle materials at one convenient place. A list of accepted items is available on the calendar page of the City of Renton website.

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

Renton Technical College
(north lot)
3000 N.E. 4th St.

425-430-7396
www.rentonwa.gov

May 7.....

WILD AND WATERY TALES AND TUNES

Storyteller and musician Karen Haas went fishing and caught a boatload of wild and watery tales and tunes from the people who paddled through the region and made Renton what it is today. Dive into a world filled with daring sailors, talking fish and splash-splashing songs. Appropriate for children and adults.

Saturday, 11 a.m.
Renton History Museum
235 Mill Ave. S

425-255-2330
estewart@rentonwa.gov

Admission: \$3/\$1 chil-
dren/free to members

May 10.....

THE STORIES OLD BUILDINGS TELL US

Michael Herschensohn examines historic buildings across the state from the Donald House to the Stimson Green Mansion, from the Red Barn to Maryhill. He interprets these places, explaining the context of the people who occupied them and the similarities and differences between the past and contemporary lives. Appropriate for teenage audiences and up.

Tuesday, 5 p.m.
Renton History Museum
235 Mill Ave. S

425-255-2330
estewart@rentonwa.gov

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

save the date



Marvin Goldstein LIVE AND IN CONCERT

June 10

Pianist Marvin Goldstein has played since the age of 9. He has performed around the world and won many awards. This concert is a benefit that will support the many programs of Communities In Schools of Renton.

Friday, 7 p.m. Admission: \$25

IKEA Performing Arts Center
400 S. 2nd St. 425-430-6658
www.renton.ciswa.org

now playing

May 1

RENTON YOUTH SYMPHONY CONCERT

The program will include "Night on Bald Mountain," selections from "Phantom of the Opera," music from "The Marriage of Figaro," "The Typewriter," and other music. Alexei Girsh is the conductor, and the orchestra is made up of young musicians from the greater Renton area.

Sunday, 3 p.m. 425-430-6706

Carco Theater
1717 S.E. Maple Valley Highway
Admission:
\$10/\$7 seniors / \$5 children

calendar of events



SENIOR ACTIVITIES

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

Kentucky Derby Luncheon

Wednesday, May 4, 11 a.m.

The horses are in the gate ready to run. Participants will pick the table they think has the winning horse, decide on their jockey, and name that horse.

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

Mothers' Day Luncheon

Friday, May 6, 11:30 a.m.

A special lunch will be served with dessert to follow. The Midday Melody Men will sing and there will be treat bags for all the women.

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

Senior Stage Revue

Thursday, May 12, 1 p.m.

Friday, May 13, 7 p.m.

This show is full of singing, dancing and great entertainment.

Carco Theater
1717 S.E. Maple Valley Highway

Admission: \$3

Guess What Luncheon

Wednesday, May 25, 11 a.m.

Contestants will test their guessing talent on simple games with gift certificates for the winners.

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

Andy Griffith's Birthday Luncheon

Wednesday, June 1, 11 a.m.

To celebrate Andy's birthday, his favorite dessert — blueberry pie — will be served and there will be a target shooting contest.

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

SPECIAL EVENTS

Electronics Recycling Day

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

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

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

425-996-3513

Mother's Day Brunch

Sunday, May 8, 9 a.m.-2 p.m.

Renton Technical College's catering department offers this annual buffet event for the whole family. Reservations preferred.

Renton Technical College
3000 N.E. 4th St.

425-235-5845, Ext. 4

Admission: \$14/\$9 seniors and children

Renton CROP Walk

Sunday, May 15, 1 p.m.

Renton Crop Walk is a community event to raise money and awareness of hunger in our community and around the world. Crop Walk is sponsored by Church World Service. Walkers solicit donations for the miles they walk on the Cedar River trail.

Renton Community Center
1715 S.E. Maple Valley Highway

425-271-2080

Admission: Free (walkers solicit donations)

No Homeless Kids Benefit Lunch

Wednesday, May 18, noon-1 p.m.

Vision House, located in Renton, provides transitional housing and support services to homeless mothers and children and separately to homeless men recovering from drug and alcohol addiction. Local TV personality, Tony Ventrella, will emcee.

Bellevue Hilton
300 112th Ave. S.E., Bellevue

425-228-6356

www.vision-house.org

Admission: Free (donations will be requested)

MEMORIAL DAY EVENTS

Monday, May 30

The scheduled events in various locations will honor and memorialize veterans. Keynote speakers and honor guards will be part of each event.

Greenwood Cemetery, 11 a.m.
350 Monroe Ave. N.E.

Tahoma National Cemetery, 1 p.m.
18600 S.E. 240th St. Covington

Renton Veterans Park, 1 p.m.
523 S. 3rd St.

Washington Memorial Park, 3 p.m.
16445 International Blvd., SeaTac

Admission: Free

ON STAGE

Much Ado About Nothing

Thursdays - Saturdays,
May 5-7, 12-14, 7 p.m.

The Hazen Players present this comedy of two pairs of lovers by William Shakespeare.

Hazen High School
1101 Hoquiam Ave. N.E.

425-204-4200

Admission: \$9/\$7 students with ASB, seniors, and children

You're A Good Man, Charlie Brown

Friday and Saturday,
May 13 and 14, 7 p.m.

Renton High School Drama Department presents this musical of Charles Schwartz characters.

IKEA Performing Arts Center
400 2nd Ave. S.

425-204-3400

Admission: \$10/\$7 students with ASB card

"Drama Share"

Wednesday and Thursday,
May 17 and 18, 7 p.m.

Lindbergh high School drama students present an evening of one act plays; "Unwired," "A Pot of Broth," and "The Lottery."

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

425-204-3213

Admission: \$5

LIBRARY EVENTS

Simple Sewing - Bags

Monday, May 2, 6 p.m.

"Sew Up Seattle," a sewing recycling adventure, will teach beginners and encourage those who already know how to create items from scraps. Fabric, machines and equipment provided, but you may also bring your own materials.

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

Admission: Free

The New Job Search in the New Economy

Thursday, May 5, 7 p.m.

The workshop includes: developing a plan for a successful job search, where to find training, key fundamentals in preparing a resume, networking for interviews, and where to find other job search resources.

Renton Library
100 Mill Ave. S.

Admission: Free

Effective Resumes for the New Job Search

Monday, May 9, 7 p.m.

The workshop focuses on discovering the ten keys to developing a successful resume. A resume template will be distributed for use in paper or electronic form. Registration required.

Renton Library

100 Mill Ave. S.

425-226-6043

Admission: Free

Homemade Beer: The Basics of Home Brewing

Tuesday, May 10, 7 p.m.

This introduction to the world of home brewing covers the basics of beer making using malt extract.

Fairwood Library
17009 140th S.E.

Admission: Free

Computer Class - Microsoft Publisher

Wednesday, May 18, 2 p.m.

Learn the basics of using desktop publishing to create flyers, greeting cards, brochures and other documents. Prerequisite: Ability to use the mouse and keyboard. Registration required.

Renton Library
100 Mill Ave. S.

425-226-6043

Admission: Free

Computer Class - Microsoft PowerPoint

Wednesday, May 18, 4 p.m.

Learn how to create a slide show presentation. Registration required.

Renton Library
100 Mill Ave. S.

425-226-6043

Admission: Free

How to Get Your Money Act Together

Tuesday, May 24, 7 p.m.

This class will offer basic tips on budgeting as well as ideas for how to live large and enjoy life on any income. The presenter, Sheila Roberts is the author of several books, including the 2010 self-help fictional "Small Change." Sponsored by the Friends of the Fairwood Library

Fairwood Library
17009 140th S.E.

Admission: Free

kirby unti

Friendship is a rare and wonderful gift

XXXXXXXXXXXXXXXXXXXX

John is my best friend. We met in the 1970s when he was returning from working with the Peace Corps in Niger, Africa, teaching people how to build cement-lined wells. We were seminary roommates at Pacific Lutheran Theological Seminary in Berkeley, Calif. We shared the strong bond of both coming from the Northwest.

Our paths went different directions upon graduation. John went to Alaska to serve, and later Chelan, Vashon Island and Everett. We would go long stretches without seeing or talking to one another. It didn't matter. Our friendship was instantly restored in a single phone call or get-together.

These days I usually see John twice a year. We do a few days together on my boat in the summer time, and I serve as his guardian when the pastoral conference rolls around. You see, at the age of 57 John was diagnosed with Alzheimer's and forced to retire. It is a disease that is slowly robbing him of his ability to function independently.

Last year following the pastor's conference, I gave him a ride home. John lives with his wife on Vashon Island. Living on an island has proven helpful for John because the space is so well defined. Unfortunately, the night I gave him a ride he could not for the life of himself find the street that he lived on. I patiently worked with him, making multiple attempts to find the house before resorting to calling his wife. He was thoroughly frustrated and even more disgusted with himself.

This month I will spend two days with him at a conference. I have to keep my eye on him constantly so that he doesn't innocently wander



off. Last summer I lost him while we are staying at the Marina on Lopez Island. Fortunately he hadn't wandered far; I found him at the Marina Restaurant. It took a couple of hours to get my heart beat back to normal.



Kirby Unti
COLUMNIST

John has become a pro at trying to accommodate his short-term memory loss. He begins every sentence with some form of the phrase, "Now stop me if I have already told you this." Nonetheless, I hear the same stories often.

One of the gifts of our friendship is that John has excellent recall of the days when we were in seminary. The truth is, his memory of those days is still better than mine. It is where we spend most of our conversation.

I am deeply saddened to see the freedom that John has been forced to give up. It hurts me to see him at times in a near childlike state, especially when he becomes frightened or agitated, when he is confused or can't gain recall traction. I must say, I have become very protective of him.

Nonetheless, I cherish the time that we are able to spend together, knowing full well that the day may come when John will no longer know who I am. What I have already received from John will sustain me the rest of my life. I know and love a lot of people, but the truth is, we have the capacity to have only a handful of real friends. How fortunate I am that John has been one of them.

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

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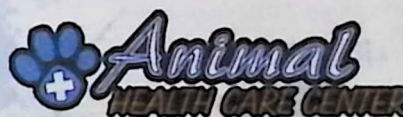
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Kent, WA 98032

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Friday & Saturday
8 am - Midnight

Sunday
8 am - 10 pm

Monday - Closed



Michael Labaz's grandsons try to slap grandpa's hands as he pushes them on the tire swing at Philip Arnold Park.



Tennis practice is underway on the courts at Philip Arnold Park.

Park it Here

going green for outdoor exercise and leisure

BY SARAH ZUGSCHWERDT

Renton's 29 public parks, most residents know about—and go to—just a few. But as the sun shines warmer and days last longer, it's the perfect time to explore more of Renton's green spaces—and to take your workout with you.

Take, for example, the newly refurbished Henry Moses Aquatic Center, opening June 19. It's not just for kids. Both mornings and evenings are reserved for 16-and-older lap swimming, water fitness classes and one other unusual exercise.

"[Water walking] is really good for people who have maybe arthritis or joint issues, because the water is warm and it doesn't hurt your knees when you're walking," explains Kris Stimpson of the City of Renton's recreation division.

"You walk against the current, so it takes a little bit of strength," she adds.

Another destination for water lovers is Kennydale Beach Park. In addition to its lifeguarded leisure swim area (also opening June 19), it hosts a little known open water swim lane, popular with those training for triathlons or anyone who prefers non-chlorinated lap swimming.

Tennis is another summertime sport that courts residents to new destinations, like to Talbot Hill Reservoir Park, or Liberty Park's bang-boards that let you practice your swing without a partner.

For walkers and runners, recently renovated Renton High School's rubberized tracks are available after school, during non-event hours.

Renton Memorial Stadium also happens to sit along the Cedar River Trail and its par course, an outdoor gym where resistance training stations are interspersed along the trail for a progressive, whole-body workout.

Whatever interests you, you can probably find a park with it in Renton. And that gives "going green" a healthy new meaning.



RENTON MAGAZINE / SARAH ZUGSCHWERT

Above, the Orosco family hits the field for a little soccer at Phillip Arnold Park. Below, a couple strolls through Gene Coulon Memorial Beach Park, described as Renton's jewel.



Park Information

Renton's Master Park Directory with descriptions, pictures, and maps is available by clicking the "parks and trails" tab on the City of Renton's website page: www.rentonwa.gov/living. For aquatic center and recreation programs information, click the "recreation" tab. All information is also available by calling the Renton Community Center at 425-430-6700.



RENTON MAGAZINE / DENIS LAW

The bronze sculpture is Interface by Phillip Levine. It was acquired in 1982 by the One Percent for Art fund and is located in Gene Coulon Memorial Beach Park, at 1201 Lake Washington Boulevard North.

a week of Renton Parks

MONDAY: Start at the Renton Community Center and walk, jog or bike north toward the boathouse on the Cedar River Trail. Extra Credit: Stop and get in some push-ups or pull-ups on the par course.

TUESDAY: Head up to Kenndale Park and play in the water with the kids. Extra Credit: Go for a swim in the open water lane.

WEDNESDAY: Grab a picnic dinner, and drive to Heritage Park. Let the kids loose on the rock climbing play area or enjoy the quarter-mile forested trail. Extra Credit: Bike there instead.

THURSDAY: Morning water walking session at the Renton Water Park (16 years and older). Extra Credit: Pick up information about the new "H2O Heart and Core Fitness" aquatic class on your way home.

FRIDAY: Frisbee time! Polish up those throwing skills at Earlington Park's grassy area. Play funnel ball while taking in views of Mount Rainier and the city. Extra Credit: If you live nearby, walk or jog to the park.

SATURDAY: Make a day of it! Head out early for a brisk walk along the boardwalk at Gene Coulon Memorial Park. Get jealous watching Renton Rowing and Renton Sailing members cruise over the smooth morning water of Lake Washington. Extra Credit: Decide to join them next weekend.

Next, find a place in the sand and soak up the sunshine. Don't forget the sunscreen! Later, take in a game of volleyball in the sand pits before packing up and heading over to Liberty Park's Moonlight Movies (in July and August). Extra Credit: Try not to eat too much popcorn.

SUNDAY: Make a trip to your neighborhood park or local Renton School District elementary school field (no pets allowed) for an afternoon basketball, baseball or soccer game. Extra Credit: Bring your neighbors with you.

fresh tastes

Cinco de Mayo

We all like to celebrate Cinco de Mayo, but it is a common misconception that this date is Mexican Independence Day. May 5 is actually the anniversary of a battle that was fought in 1862 by 4,000 Mexican soldiers, who were outnumbered 2:1 against Napoleon III and rebel Mexican troops. This battle was strategic because it prevented Napoleon from gaining a stronghold in North America as the United States was facing the Civil War.

So, whatever you are celebrating – throw a steak or chicken on the barbeque, crack open a Corona and try some of these easy side dishes to round out your celebration. Chips and salsa are a natural as the grill heats up and these recipes can be made in advance.

For dessert, the easy fruit salsa is great on sorbet, sherbet, frozen yogurt or ice cream. One time I tried a recipe for a Kiwi Upside Down Cake. The instructions said it wasn't necessary to peel the kiwi as the fuzzy skin would melt and dissolve during baking. Just a word to the wise here – Always (!!!) peel the kiwi. It was rather like eating a burlap sack.



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.



Why not take sides?

Sour Cream Enchiladas

Serves 6-8

This can be made a couple of days in advance and stored, covered in the refrigerator. You can add shredded, cooked chicken to the recipe to make it heartier. I have had this old standby for years and it always is a crowd pleaser. It's excellent with barbecued steaks on the grill.

you will need

- 1 package corn tortillas
- 1 large white onion, chopped
- 1 bunch green onions, thinly sliced
- 12 ounces cheddar cheese, shredded
- 1 pint sour cream
- 1 small can diced green chiles
- 2 cans cream of chicken soup, undiluted

directions

Spray a 9 x 13 inch ovenproof casserole with vegetable oil spray. In a large bowl, combine soup, sour cream, onions, chiles and half of the cheese and stir well. Microwave corn tortillas until softened. Tear tortillas into strips and stir into the soup mixture. Mix well. (Add chicken at this point if using.) Pour into prepared casserole and top with remaining cheese. Bake at 350 degrees for 35 to 45 minutes, until bubbly. Serve with Salsa if desired.

Mixed Fruit Salsa

Serves 6-8

Dice the following fruits, or fruits of your choice, into half-inch pieces. Mix gently with the chopped mint, tequila and sugar to taste.

you will need

- | | |
|---|--|
| 2 bananas, peeled | 1 cup raspberries |
| 1 fresh peach or mango, peeled and seeded | 1 tablespoon chopped fresh mint leaves |
| 2 kiwis, peeled | 1 tablespoon tequila |
| 1 cup strawberries, stemmed | Sugar to taste |

directions

Combine ingredients in a bowl, mixing gently. Cover and refrigerate.

Romaine Salad with Tequila Oranges

Serves 4-8

you will need

1 head romaine lettuce,
torn into bite sized pieces
1 cup pecans, coarsely
chopped and lightly
toasted
1 small can mandarin
oranges, drained well
¼ cup tequila
1 small cucumber, sliced
1 avocado, peeled,
seeded and diced

directions

Place tequila in the bottom
of a large salad bowl and
stir in oranges and avocado
pieces. Place remaining salad
ingredients on top, ending with
pecans. Cover with plastic wrap
and refrigerate. Before serving,
toss with dressing. There will be
dressing leftover for another use.

Dressing

¼ cup white vinegar	1 teaspoon salt
½ cup sugar	1 teaspoon dry mustard
1 cup salad oil	½ teaspoon pepper
½ cup diced red onion	½ teaspoon chile powder

In a food processor, using the steel knife, combine dressing
ingredients until onion is finely chopped. Pour into a covered
container and refrigerate until serving. Before serving, toss salad
lightly with dressing. Refrigerate remainder for another salad.

Corn Salad

Serves 8-12

This is a terrific dish to take to a potluck.

you will need

4 cups corn, frozen is easiest	Cumin and paprika to taste
½ red pepper, diced	½ cup cider vinegar
½ green pepper, diced	½ cup sugar
½ cup red onion, diced into quarter- inch pieces	½ cup tomato salsa or pico de gallo
¼ cup cilantro, chopped	1 small can chopped green chiles, optional
2 cloves garlic, minced	Salt and pepper to taste

directions

Combine ingredients in a large bowl, mixing well. Cover and
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Sailing S ME AWAY

Story and Photos
by Sarah Zugschwerdt

Renton Sailing Club president Jim McClafin sails, he envi-
sion of a wooden boat from England, masts and sails reach-
ing the sky. The shrewd-browed captain navigating the inlets
with the wind and skill alone.

tain Vancouver.

feat it really was, so it gives you a sense
of the traditions of a lot of the West Coast."

is just one reason why this six-year
old took up the sport, and why many
others have followed suit. Nature, commu-
nity, and all rank high with club members
from 10 to 72.

so you're dealing with the ele-
ments, instructor Miguel Escobar, "You
go along and all of a sudden, you get hit with a squall,
and you're battling the winds. You can find yourself in
a bit of trouble because you got blown out of course ... So that
is, you know, it's almost like going downhill on a bi-

but so is the safety.

checking the gear to make sure we don't have failures.
"If you get in a pickle, this is how you get out of it,"
he adds.

club offers two classes, May through September: Intro-
ductory Boat Sailing, a get-the-feel-of-it class, and Red Cross
Boat Sailing. In the latter class, sailors learn precise
technique, complete homework, and learn to sail independ-
ently. A sailing book are required.

Although sailing
does require great
strength, "You
don't have to be
strong to be
a sailor; it's

all about technique," says

Escobar. Reading wind, balance, timing
and teamwork are the name of the game.

Membership in the club is open to the public
for \$125 per family per year, a nominal fee for
Puget Sound sailing. After passing tests, mem-
bers can sail year-round during open sailing
on weekends and club races on Tuesdays, and
enjoy club parties and trips such as last year's
sail beneath the Blue Angels or brunch trip to Leschi.

"A good crowd of people. That's number one," says two-year
member Anica Popovic on why she likes Renton sailing.

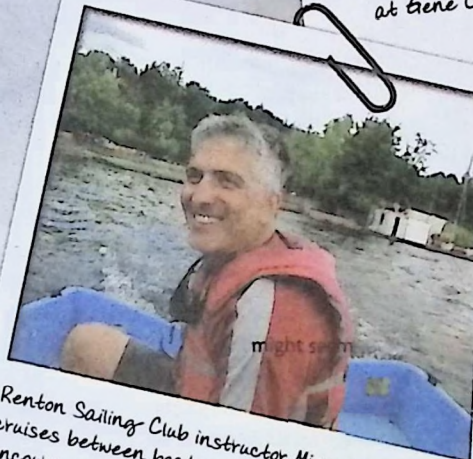
"You kind of have to juggle five different things at one time;
your brain is always busy, and I like that," she adds.

Michael Barham, who started last summer, likes it too. Al-
though living in Redmond, the sailor works in Kent, passing
Renton on his way home. An empty-nester, Barham thought
it was time to get back on the water, like 40 years ago when
he was in the Navy.

"My wife gave me a check for Father's Day and said, 'Here, go
spend it on sailing.'" He happily did, now encouraging oth-
ers to "Come out and try it. It's a cheap way to get into it."



Red Cross Sailing Class students smile after docking
at Irene Coulon Memorial Park, headquarters of the
Renton Sailing Club.



Renton Sailing Club instructor Miguel Escobar
cruises between boats, giving instruction and
encouragement.



Instructor and students glide the
Renton Sailing Club boat through the
twilight waters on Lake Washington.

Sailing Info

For information about
Renton Sailing Club, visit
www.rentonsailing.org.

To sign up for sailing
classes, contact the City
of Renton 425-430-6700
or complete the online
sign-up at [www.renton-
net.org/cybersignup](http://www.renton-
net.org/cybersignup).

around
the garden

NO GARDEN?

YOU CAN STILL RAISE VEGGIES AND EAT THEM, TOO

*A*re you a frustrated gardener living in an apartment or house without a speck of yard in which to garden? Don't despair! You can grow almost any fruit or vegetable, from apples to zucchini, in containers on a balcony, doorstep or patio. Here are a few tips.

Make certain any containers you use have holes near the bottom to allow excess water to drain out. A good light potting mix is essential for soil drainage. Top soil, which actually contains no soil at all, is too dense for growing veggies in containers. And, don't use soil from your garden. Commercially available potting mixes are light, drain well, and hold moisture and plant foods. Soilless mixes are very low in nutrients, so you'll need to add fertilizer. Use organic or synthetic slow-release types, and you'll be less likely to over fertilize.

Grow what you like to eat and what your growing conditions allow. Light is the most limiting factor.

Most vegetables require a minimum of six hours of direct sunlight a day. Leafy vegetables can tolerate more shade than root crops. Tomatoes and peppers will not thrive at all in a shady spot. For the best chance of success, make sure to grow varieties adapted to our cool, cloudy climate.

Watering container-grown plants is a little tricky. Overwatering and underwatering are the most common problems. Remember, plants in a container cannot send their roots deeper to find water. During warm weather, plants must be watered often, so check them every day. On the other hand, you don't want to overwater. Water does not drain in a container as easily as it may in a garden. The best guide to whether or not a container planting needs watering is to stick a finger 2 or 3 inches into the soil and see if it is moist. If it is dry, water!

Container-grown plants are susceptible to the same insect and disease problems as any other crops.



Containers allow gardeners to grow fruits, vegetables and flowers in small spaces. Successful gardeners contain the challenges.

You won't want to apply pesticides to what is going to become food, so find organic methods of insect and disease control. Weeds won't let you rest, either, but they are easier to control in containers than in open garden spaces. Just pull them up!

You'll find fact sheets on many aspects of vegetable gardening at www.kingcountymg.org. Click on Garden Fact Sheets on the right.

Elaine Anderson is the Washington State University Extension coordinator for the King County Master Gardener Program. The program, funded by WSU and the Master Gardener Foundation of King County, provides free, environmentally friendly gardening advice to home gardeners.

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Tall Tales

BY ELIZABETH P. STEWART

The Renton History Museum's strategic plan calls upon us to "Tell Renton Stories." One of the ways we do that is with a dynamic oral history program that dates back to the museum's very beginnings. The museum's oral history team has collected 134 oral histories, dating back over 30 years. These interviews capture the experiences of a fascinating cross-section of Renton residents, including former mayors, servicemen, coal miners, teachers, and firemen, talking about their experiences from the 1910s through the Depression and World War II to the 1950s and 1960s.

A good oral history provides detailed insights into the effects of great historical events like wars and economic booms and busts. One example is the interview with Frank Conklin, head of the Renton Housing Authority during the World War II housing crunch in Renton. The sudden influx of thousands of workers for Boeing's wartime expansion meant the city was hard-pressed to find room for all the new Renton residents. In his interview, Conklin describes the Housing Authority's efforts to handle those tensions in a humane and responsible way.

"The people that were coming in in the Housing Project up there were termed 'Okies.'"

Conklin remembered correcting his staff: "I said, 'These people who are coming in ... are respectable individuals. They're family people.'"

Other interviews capture the detail of day-to-day practices long lost to many of us, whether how coal miners worked (Frank Manifold) or the



PHOTO COURTESY OF
THE RENTON HISTORY MUSEUM

Homer Venishnick and friend holding a salmon they caught in the Cedar River, 1940.

management of the school audiovisual department (Lewis Argano). Homer Venishnick described how plentiful salmon were when he grew up, and the method he and his father used to smoke them.

"My dad's smokehouse was about 4 by 4 by about 6 feet high ... and there was a little wooden fire that smoldered," Venishnick recalled. "And you'd have to tend the fire every hour or two hours, so you could bank it at night for a couple hours, but then you'd have to get up two or three times during the night to put more wood in it."

Oral histories can even solve mysteries. Shirley Miskimens and Zelima Vidmar remembered living next door to the short-lived Columbus Macaroni Factory, and their interview provided many details about who worked there and how the food was transported. The two sisters were among several people who have described working at Black Bear Manufacturing Co., a garment factory that employed numerous young Renton women in the early to mid-1900s.

Stories told by long-term Renton residents and those with unique experiences enrich our understanding of the past—the more we listen, the more we learn.

The Renton History Museum has a dedicated team of volunteers who regularly conduct oral histories. For more information about oral histories, check the Renton History Museum Facebook page.

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did you know that...

...the first city jail would later become the dog pound? Located in the 1910s at the north end of Wells between 2nd and the Cedar River, the jail was a one-man shack with w wooden-barred window.



CHIEF JUSTICE

BY DAVID SUFFIA

Barbara Madsen spends her working hours in the rarefied atmosphere of the Washington State Supreme Court, where she is chief justice.

But the things that shaped her view of the world, she recalls, came from growing up in the down-to-earth reality of Renton's Kennydale neighborhood and attending Renton schools.

"My brothers and I were among the few children in the neighborhood, and we spent hours catching tadpoles in May Creek, gathering eggs from the neighbor's chickens, swinging in the trees, building forts, swimming at Kennydale Beach, and riding our bikes."

Growing up in that idyllic environment, Madsen says, "nurtured a sense of wonder about nature, a love of adventure, and lots of self-reliance."

Madsen spent her early school years attending St. Anthony's School in downtown Renton.

"The training I received at St. Anthony's largely shaped my world view beyond the borders of Renton. Each year the nuns would help our classes 'adopt' children from other countries. We were encouraged to bring donations to help reduce the impact of poverty on these children.

"The class would write letters to those far away friends and we would receive pictures and letters in return. That experience, coupled with the message that even children have a responsibility to their neighbors, helped shape my commitment to community and diversity."

Madsen attended Renton High School for only one year, but that year had a major impact.

"During that year I joined the model United Nations club. Along with other high schools we formed a U.N. club, culminating in a 'world' meeting in Vancouver, British Columbia. That experience fed my interest in world affairs.

Her history teacher encouraged her to debate and "I recognized that I enjoyed the exercise of building an argument and finding flaws in my opponent's case."

Madsen spent her junior and senior years at the then-new Hazen High School, where she and other new students formed the student government, clubs, and the staff for the newspaper and year book.

Then came political science studies at the University of Washington and law school at Spokane's Gonzaga University.

STILL CONNECTS WITH RENTON CHILDHOOD

Those idyllic years 'nurtured a sense of wonder'



PHOTOS COURTESY OF WASHINGTON STATE COURTS

Chief Justice Barbara Madsen administers the oath of office at the Washington State Temple of Justice.

"What motivated me to enter the legal profession was the desire to make a positive difference in my community and to challenge myself to be a better person."

After stints in legal services and as a defense attorney, Madsen stayed home for a while to be with her first child, a son.

She returned to work as a prosecutor in the Seattle city attorney's office and in 1988, Seattle Mayor Charles Royer appointed her to a seat on the Seattle Municipal Court, where she was later elected presiding judge.

"It seemed I had found my dream. But, in 1992, after watching the Senate confirmation hearings, I thought a woman should sit on the Washington State Supreme Court, just to offer a different perspective. I took on the challenge of a state-wide race and was elected. Now, after 18 years, I have been elected to serve as chief justice.

"Dealing with major issues can be quite stressful. Being married and raising a family is a wonderful balance. Doing laundry and cooking dinner are so different that they help take my mind off my work. My husband and children keep me grounded in what really matters.

"The career advice I give to my children and other young people is to find something they feel passionate about. Life is too short to spend eight hours a day doing a job they don't like or care about."



PHOTOS COURTESY OF TROOP NO. 40546

Troop 40546 attended an encampment on Vashon Island in September 2009. They built sand castles and did tie-dyed projects on the beach.

Girl Scouts serve with open hearts

BY DANA E. NEUTS

Girl Scouts is a lot of fun and a great place to make friends. Just ask 10-year-old Lauren Smith, a Junior Scout in Troop No. 40546. She lists the things she enjoys the most: sleepovers, group activities and seeing her friends all the time.

"Badges teach you a lot," she adds. "And they're really cool."

Lauren, in scouting since kindergarten, recently earned the water works badge by visiting a local lake to see how it is cleaned and maintained. She also participates in biweekly meetings, group outings and community service projects. Next up for Lauren and her troop is a training session when Juniors will help 70 local Brownies – Scouts in second and third grades – to prepare for the move up to Junior status. The event will provide the Brownies with necessary training while giving Lauren's troop an opportunity to gain leadership skills.

Lauren is one of 13 fifth graders in her troop, whose leader, Heather Smith, is her mom. Jodi Madsen is co-leader, and Sonja Schuett, assistant leader. The Juniors, who attend Ridgewood, Lake Youngs and Carriage Crest Elementary Schools, are a part of the Wilderness service unit and the Girl Scouts of Western Washington council. Though the girls attend Kent schools, they meet in Fairwood at the Lake Desire community center. Troop leader Smith describes the troop as "a group of best friends that support each other and treat each other as sisters."

Now in her sixth year of Girl Scouts, Lauren represents the third generation of Girl Scouts in her family. Her grandmother and mother were Girl Scouts too, as well as troop leaders. Lauren's mom Heather

"They just opened their hearts and said, 'how can we help?'"

~ Troop leader Heather Smith.

For more information about Girl Scouts, visit the Western Washington council online at <http://girlscoutsww.org> or call the South King County Regional Office at 425-656-9175.

is honored to carry on the tradition.

"Girl Scouts changed my life," she explains.

Heather was a shy child, and Girl Scouts helped her to make friends, gain confidence, and learn to lead others.

"Girl Scouts teaches a good set of values to live by, to grow and to gain leadership skills," Heather Smith says. "It is so good to help girls grow strong."

One of the key tenets of Girl Scouts, Smith adds, is community service. Because the Lake Desire community in Renton donates its space for the troop to hold its meetings, the troop makes a point to do a thorough cleaning of the clubhouse and the nearby roadside at least once a year.

Another key project is supporting Vision House, a nonprofit based in Renton, serving homeless families and children. As a part of earning the Bronze Award, the troop needs to complete a 15-hour service project. After touring Vision House, the troop chose to donate two bookcases full of new and gently used books to the organization.

"They just opened their hearts and said, 'how can we help?'" says troop leader Smith.



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Coming Soon to Renton

on the big silver screen

BY MARY KOCH

You may be the proud owner of the latest, biggest flat-screen TV, but it still can't measure up to the whopping 33-foot wide IKEA Performing Arts Center screen that will showcase the first Seattle International Film Festival (SIFF) in Renton May 20-26.

A chance to see cinema on the big screen is only one reason to attend festival events that will kick off May 11 with the SIFF-Renton Preview Film Walk from 7-9 p.m. downtown. Then on May 20 comes the opening night screening and gala (see separate story), followed by a week chock-full

of premier films from all over the world.

SIFF, now in its 37th year, is the largest and most highly-attended film festival in the nation. It is described by the entertainment business publication, "Variety," as one of the world's "50 unmissable film festivals."

"Two of the best movies I've ever seen were both sub-titled films and both shown at SIFF - one French and one Japanese," says Brad Brotherton, co-chair with TV personality Meeghan Black of the SIFF-Renton Host Committee. But if foreign-language films aren't your bag of popcorn, Brotherton adds

that "you can find any kind of movie you want to see."

Counting those shown at the other SIFF venues in Seattle, Everett, West Seattle and Kirkland, the festival offers more than 400 films.

Brotherton, president of Brotherton Cadillac Buick GMC Renton, has been involved with the film festival for six years. When he was advised that the only thing stopping the festival from expanding to Renton was lack of an adequate screen

SIFF • page 21



seattle international
film festival

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Siff-Renton Preview Film Walk, 7-9 p.m., downtown

The free walk begins at the Whistlestop Ale House, moving from there to the Renton History Museum and ending at the Liberty Cafe. At each locale SIFF presenters will show clips of the coming films, tell a little about them and answer audience questions.

Festival tickets will be available, and there'll be a raffle for tickets to the opening night gala and screening.

SIFF-Renton Opening Night Screening and Gala, 7 p.m.

The evening opens with a premier film screening at the IKEA Performing Arts Center, followed by food and entertainment at the Renton Pavilion Events Center. Ticket information is available at www.siff.net.

SIFF-Renton film screenings, IKEA Performing Arts Center

The schedule of films will be available at www.siff.net as of May 6. The weekend will include family-oriented matinees. Ticket prices in the \$10-15 range.

MAY 21-26

MAY 21-26

MAY 21-26



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Siff

from page 19

at the IKEA theater, "I said 'Let's do it!'" Brotherton donated more than \$13,000 for the screen, which meets industry-standard specifications for cinema.

SIFF audiences frequently get a chance to see new films a year or two before they're released for general distribution. With an annual audience of some 150,000 people for the entire festival, the Renton component is expected to draw some 4,000 attendees, says Suzanne Dale Estey, the city's economic development director. Besides the chance to see the newest and best in film, ticket prices are in the affordable range, from \$10 to \$15, "with free parking to boot," notes Estey. This could be the draw for people who don't necessarily consider themselves film buffs.

"It will be fun to get people who have never before attended a film festival to go," says Brotherton. Tickets will be available at Renton's May 7 Spring Festival, the May 11 film walk, and through the website, www.siff.net.

The Renton Community Marketing Campaign, the SIFF-Renton sponsor, waged an aggressive effort to become SIFF's latest expansion site.

"We worked on it for about a year," says Estey. Renton was selected, she

says, "because of our commitment to the arts and culture, the incredible diversity in this community, our enthusiasm and partnership among several organizations." The marketing partnership includes the city, school district, Renton Technical College, Valley Medical Center, chamber of commerce and Renton Visitors Connection.

While the festival is sure to draw out-of-town visitors and be a boon to restaurants and hotels, it's the new opportunity for local residents that Mayor Denis Law finds especially gratifying.

"It's a huge benefit to enjoy something of this nature in your own city," he says. "It's just one more way to plug Renton into the rest of the region."

The film festival is one more in a series of community events – as well as expanded shopping opportunities – that has turned Renton into a "destination city," says the mayor.

"Fifteen or 20 years ago, we weren't on anyone's radar," says Law. "Now we are."

And even after this year's film festival concludes, there's still more cutting-edge cinema ahead with the RentonFilmFrenzy in October (www.rentonfilmfrenzy.com). RentonFilmFrenzy is also a sponsor of another SIFF program, "futurewave," which provides students with opportunities to experience the best in cinema.

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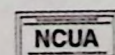
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Gala

Festival opens with gala of film, food and fun

A world-class movie, followed by first-class food and live entertainment will launch the first-ever SIFF-Renton Opening Night Screening and Gala at the IKEA Performing Arts Center (IPAC) and the Renton Pavilion Events Center Friday, May 20.

Name of the film wasn't available at Renton Magazine press time, but the 7 p.m. showing will be accompanied by comments from a VIP involved with the film, such as an actor or director, says Suzanne Dale Estey, member of the SIFF-Renton sponsoring group, Renton Community Marketing Campaign.

After watching the film at the IPAC, the audience will move to the events center to hear live entertainment and have a "bite of Renton," sampling fare from

some of the best Renton restaurants.

Eight restaurants are donating 500 "nibbles" each: Armando's Cafe Italiano, Common Ground Coffee and Cupcakes, Naan N Curry, Rain City Catering, Tea Palace Asian Restaurant and Banquets, Papaya Vietnamese Cafe, Peyrassol Cafe, and Bistro Box. Cost of admission to the Renton Gala is \$25 per person, said Estey. That covers everything – movie, food and entertainment. Seattle Gala is priced differently and is not included.

Tickets will be available at Renton's May 7 Spring Festival, the preview film walk May 11 and online at www.siff.net. Tickets may also be at the door, but it may be wiser not to wait.

"We WILL sell out for the opening night gala," promises Estey.



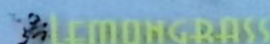
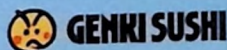
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425.277.0498

Applebee's
Restaurant
425.687.1200

Avenue
425.228.7827

BECU
ATM Available

Big 5 Sporting Goods
425.255.1431

Cherry de Pon
Frozen Yogurt &
Desserts
425.226.5246

Discount Tire Co., Inc
425.228.1173

Ed Wyse Beauty Supply
425.277.9973

Genesi Motors
425.282.5477

Genki Sushi
425.277.1050

Knittery
425.228.4694

Lemon Grass
425.228.2000

Lotus Hair
& Nail Salon
425.656.1559

Major League
Barber & Beauty
425.277.0104

McDonalds
425.271.3031

Optics One
425.227.8888

Renton Village Cleaners
425.226.8830

Rite Aid
425.226.3461

Sierra Fish & Pets
425.226.3215

Shane's Big League
Sports Cards
425.277.3717

Smart Talent
425.271.4225

Starbucks Coffee
425.227.9262

Tobacco City
425.226.7040

Uwajimaya
425.277.1635

Wells Fargo Bank
425.228.0101



Property Management • 425.228.3000 • 601 South Grady Way, Renton 98057



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OR CURRENT RESIDENT
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RENTON WA 98059-7301

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With you every step



Are you a new parent-to-be or currently planning a pregnancy? Valley Medical Center is with you every step of the way. We have welcomed over 100,000 babies into the world and have a wealth of experience and information to share.

The Birth Center at Valley Medical Center features luxurious delivery suites with jetted tubs, exceptional staff, 24/7 OB hospitalists, neonatologists, midwives, lactation specialists and a Level III Neonatal ICU.



We are proud to announce Valley's newest arrival, a free program for new and expecting parents, called Pitter Patter. Join Pitter Patter now and take a virtual tour at valleymed.org.

From tummy to toddler, the Birth Center combines education with nurturing care to ensure your childbirth and parenting journey is a memorable experience.

Choose an OBGYN or midwife that delivers at Valley Medical Center. Log on to valleymed.org for a complete listing.

The Birth Center

Midwives at VMC

Level III Neonatal
Intensive Care

Maternal/Fetal
Medicine

Childbirth Education

Prenatal Aqua Therapy

Lactation Services

Car Seat Safety Checks

New Mom Support
Group

Children's Therapy

Primary & Urgent
Care Network

Emergency Care

Pediatrics

Pediatric Neurology



Valley
Medical
Center

**The Birth Center
& Level III Neonatal ICU**