

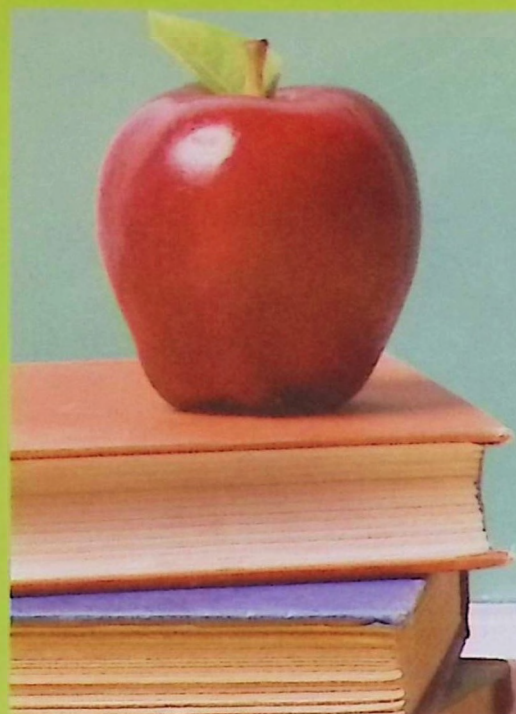
Volume 5 / No 9 September 2010

RIMINGTON

Magazine

**Gravity-defying acts
performed daily
at local skate parks**

page 10



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"Why?" is the question every child wants someone to answer. With some children, every response elicits a "why?" until "because I said so" becomes the frustrated answer. Lots of adults want their questions answered too, but we often lack the persistence and urgency of children.

Curiosity is a wonderful thing. I think how we nurture and channel it in youngsters is a good indicator of how easy or difficult school and later life will be. Do we simply make up something that will end the questions? Or do we help our children find answers?

I loved the library as a child. I thought of it as the place of free books, where my imagination could run wild as I went on safari or back into time. Once the mystery of the card catalog was explained, I could find out anything on my own.

Those index cards were the "open sesame" to a vast world beyond my small town.

Well, now we have computers. And unfortunately a new generation of students thinks that "Google" is the universal search function. It's one piece of it, true enough.

Fall is just around the corner and with it come shorter days and the predictable rain. I'm proposing a treasure hunt to while away a dreary afternoon. It will be inexpensive in terms of money. It may take a little time, and it must be fun.

What is the question on your child's -- or your



Diana Kramer
PUBLISHER

own -- mind these days? How to build a kite? A terrarium? Raise goldfish? Grow an orchid? Make a puppet? How to replace that bathroom faucet? Tile the backsplash in the kitchen?

There are worse things to do on a dark, sloppy afternoon than to learn about a terrarium. What would be the ideal light, and does it exist in your house? What plants would thrive in the small environment, and which are compatible? And so on. Of course one can find the answers to all these questions by using an Internet search function, but that isn't the point. The point is to develop self-reliance by learning how to hunt for information from a variety of sources and to make judgments about the quality of the source. And then to synthesize it, use it and make the thing real.

That's the treasure part. And it all starts at the local library.

RENTON Magazine

VOL. 5 | ISSUE 9

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Renton Magazine is mailed each month to homes in Renton, East Plateau and Fairwood. Total circulation is 18,000. Publisher retains the right to reject any advertising. Copyright 2010 Puget Sound Publishing Co. All rights reserved. Use or reproduction, in part or full, without written permission is prohibited. Back issues and single copies are \$3.00. Subscriptions are available for \$25 per year.

Puget Sound Publishing Co.
15 South Grady Way, Suite 514
Renton, WA 98057

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cover: Nineteen year old Andy Hopgood has been skate boarding for six years. He finds it a great release after spending the day working at his family's shop at the Pike Place Market. Photo by James Bavendam. See story on page 10.

important phone #'s

City Hall
425.430.6400

Chamber of Commerce
425.226.4560

Community Center
425.430.6700

Fire Dept
(non emergency)
425.430.7000

Library (Main)
425.430.6610

Library (Highlands)
425.430.6790

Police Dept
(non emergency)
425.430.7500

Puget Sound Energy
1.888.225.5773

Renton Community Foundation
425.264.0516

Renton Magazine
425.271.9300

Renton Museum
425.255.2330

Senior Activity Center
425.430.6633

Valley Medical Center
425.228.3450

upcoming events

'The 25th Annual Putnam County Spelling Bee' September 10-25

This hilarious tale, directed by Alyson Soma, chronicles the experience of six adolescents vying for the spelling championship of a lifetime. The show's Tony award-winning creative team has created the unlikeliest of hit musicals about the unlikeliest of heroes: a quirky, yet charming cast of outsiders for whom a spelling bee is the one place where they can stand out and fit in at the same time.

Thursday, 7:30 p.m.; Friday and
Saturday, 8 p.m.; Sunday, 2 p.m.
Renton Civic Theater
507 S. Third St.

425-226-5529
Admission: \$25/ adults,
\$20/\$17 seniors and students
www.rentoncivictheater.org



A TASTE OF Art SEPT 25

Evergreen City Ballet will host this fundraising event, which will include a wine tasting. Artwork will be sold to raise money to support ECB's art outreach program and scholarships for dancers. Varying media will include photography and glass work.

Saturday,
6-8 p.m.

Castle Bridge
Winery
7645 S. 180th St.
(Kent)

425-228-6800

Admission: \$40
(ten wine tastings and food)

info@evergreencityballet.org



september 10

Soccer Challenge

Boys and girls ages 5 to 14 compete within their own age and gender division to qualify for state competition. Competition includes ball throw-in, distance kick, goal shooting, and ball dribbling. Preregistration is required and accepted up until the event day.

Friday, 6-8:15 p.m.

Ron Regis Park
1501 Orcas Ave. S.E.

425-430-6700

Admission: Free



september 11

4th Annual Skyway Classic Car Show

The West Hill Business Association presents its annual show with more than 80 makes and models of cars. In addition to classic cars, there will be local vendors, food, live entertainment, activities for kids, raffle prizes and trophy awards at 3 p.m.

Saturday, 10 a.m.-3 p.m.

Skyway Plaza
(Roman Casino parking lot)
11829 Renton Ave. S.

206-772-7343 or 206-799-9297

Entry fee: \$20

Spectator admission: Free



september 25

Washington Small Business Fair

Learn how to start, run, and grow a small business at this 14th annual fair. The free event features 40 workshops and a variety of one-hour seminars in addition to business and trade association booths, local chambers of commerce, and local, state, and federal government agencies.

Saturday, 8 a.m.-3:30 p.m.

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

206-220-5300

Admission: Free,
no advance registration required



don haggerty *Artist Reception*

Seattle-based figurative oil painting artist Don Haggerty will start the Renton Arts Commission fall exhibit series at Carco Theatre from Aug. 30-Oct. 8. On Sept. 11, a reception will be held for visitors to meet and greet the artist.

september 11

Saturday, 5-7 p.m. Carco Theatre
425-430-6700 1715 S.E. Maple
Admission: Free Valley Highway



Music of Senegal

The band "Kheweul," led by Mapathe Diop, introduces children to African percussion called "sabar." In Africa, drums are used to send a message from village to village, for good luck, to put babies to sleep, or for celebrations such as weddings and baby-naming ceremonies. Children will have the chance to play the drums, learn how to sing African songs, and dance in the rhythm of sabar. Appropriate audience is kindergarten through adult.

september 18

Saturday, 11 a.m. 425-255-2330
Renton History Museum Admission: Free for
235 Mill Ave. S. RHM members

ROTARY CLUB OF DES MOINES PRESENTS

POVERTY BAY

BLUES & BREWS *fest*

SEPTEMBER 25

The Des Moines Rotary Club presents this festival in Des Moines Beach Park, featuring local blues acts and variety of fine brews on tap from 10 to 15 breweries. On the bill are Dudley Taft, Becki Sue and her Big Rockin' Daddies, the Cold Shot Band, the Stacy Jones Band, and Rod Cook. Complementing the music and brews will be a barbecue dinner. All of the net proceeds will support the Des Moines Rotary's Music4Youth program.

Saturday, noon-7 p.m.
Des Moines Beach Park
22030 Cliff Ave. S.
206-824-9462
Admission: \$20 advance;
\$25 at the gate
Tickets available at Corky
Cellars or Des Moines Drug
<http://www.brownapartickets.com/event/119538>
www.dmrctory.org/events.php

save the date

October 16-17

This exciting annual production features new works created by Evergreen City Ballet's company members and performance division students. The program has proven to be a success and grows to a higher level every year. Due to sold-out shows, an additional show has been added.

Saturday, 1:30 p.m. and 7:30 p.m.
Sunday, 1:30 p.m. and 5:30 p.m.
Evergreen City Ballet Black Box Studio
2230 Lind Ave. S.W., Ste. 109
Admission: \$24/adults; \$15/seniors;
\$10/students and children
425-226-6800
www.evergreencityballet.org (for tickets)

3RD ANNUAL
Young Choreographers Showcase

Renton Civic Theater presents:

Dracula

October 21-November 6

As Count Dracula begins to exert his will upon the residents of London, they try to piece together the clues to his appearances - in a valiant attempt to save themselves from a hideous fate. Rich with both humor and horror, this play paints a wickedly theatrical picture of Stoker's famous vampire.

Thursday, 7:30 p.m.; Friday and Saturday, 8 p.m.; Sunday, 2 p.m.
Renton Civic Theater
507 S. Third St.
425-226-6529
Admission: \$22/adults;
\$17/students and senior
www.rentoncivictheater.org

calendar of events

COMMUNITY EVENTS



Renton Farmers Market

Tuesdays through Sept. 28, 3-7 p.m.

Enjoy the harvest at the annual downtown Renton Farmers Market. More than 50 vendors and farmers sell locally grown farm products, including organic fruits, vegetables, cut flowers, baked goods, and herbs. Live entertainment and chef demonstrations are featured each week.

The Piazza
South Third Street

425-430-7214

Admission: Free

www.rentonfarmersmarket.com



Frog Frolic 2010

Saturday, Sept. 18, 1 p.m.-6 p.m.

Save Habitat and Diversity of Wetlands (SHADOW), a 501 (c)(3) organization, presents its 14th annual event celebrating the preservation of Shadow Lake Bog—a regional wetland habitat it stewards. The program includes family activities, bog tours, potluck, live music and raffle. The non-profit encourages guests bring a potluck entree to share. Guests should come in casual dress and comfortable shoes.

Shadow Lake Bog
21656 184th Ave. S.E. (Renton)

Please RSVP at 425-432-4914

Admission: Free

www.shadowhabitat.org

St. Vincent de Paul Friends of the Poor Walk-a-thon

Saturday, Sept. 25, 9 a.m.-noon

The Society of St. Vincent de Paul hosts the third annual Friends of the Poor Walk in more than 100 cities nationwide, all to help poor and needy families. The greater Seattle chapter presents a countywide event, but participants may designate funds raised to their local St. Vincent de Paul group. To register and to download pledge sheets,

go to www.svdpfriendsofthepoorwalk.org. There is no minimum or maximum donation.

John F. Kennedy High School track
140 S. 140th St. (Burien) / 206-767-9975

Admission: Registration is free



Fall Recycling Day

Saturday, Sept. 11, 8 a.m.-4 p.m.

Residents have an opportunity to recycle large items and hard-to-recycle materials at a central location. Call Solid Waste Utility for more information at 425-430-7396.

Renton Technical College (parking lot 12)
3000 N.E. 4th St. / Fee: Free

REGIONAL EVENT

Great Wall Mall Diversity Job Fair

Saturday, Sept. 11, 10 a.m.-3 p.m.

The diversity job fair brings together the Puget Sound region's top hiring companies and employment resources. The fair caters to minority workers and professionals with a goal of breaking down barriers in the workplace. The fair will be in the common area in front of 99 Ranch Market.

Great Wall Shopping Mall
18230 East Valley Highway

425-922-0049 (Emma) / Admission: Free

RENTON HISTORY MUSEUM

Museum Tours

Third Saturday, 11 a.m.

Tours are appropriate for elementary students through adult. No reservation is necessary unless there are more than five people in a group. In that case, call the museum one day in advance.

Renton History Museum
235 Mill Ave. S. / 425-255-2330

Admission: Free

SENIOR EVENTS

Renton Senior Activity Center

211 Burnett Ave. N.

425-430-6633

Terry Bradshaw's Birthday Luncheon

Thursday, Sept. 2, 11 a.m. (contest); 11:30 a.m. (lunch)

Football season is here, and the Renton Senior Activity Center is celebrating former quarterback Terry Bradshaw's birthday. Included in the luncheon will be a contest to see who can throw the football into the can. There will be prizes for the winner and dessert to follow.

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

If you have an upcoming event you want others to know about, we want to hear from you. Please send information about your event to info@pugetsoundpublishing.com or call us at 425-271-9300.



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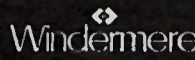
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MAY 18, 1980,

was an important day in my life. It was the day that I interviewed to become the pastor of St. Matthew Lutheran Church. It is the same day that Mount St. Helen's erupted.

We were living in Bellingham at the time, and my wife Kim commented on the ride down how stupid we were to be driving in the direction of the mountain. Thirty years later, we were returning from Canon Beach and decided to stop by the Mount St. Helens Information Center. I was once again fascinated and moved by the sheer magnitude and destructive power of the eruption. The movie that captures the event is worth the trip to the center to see.

When I think back to that day I remember the utter gloom and doom that accompanied the explosion. Initial reports concluded that Eastern Washington would be a waste land buried under all the ash, which would exact a death toll on our state's economy. The area surrounding the mountain was described as the complete destruction of the ecological system and not expected to recover for perhaps centuries.

What no one anticipated was that the following spring, crocuses erupted through the ash and wildlife was seen returning to the area. Today the area around Mount St. Helens is considered one of the healthiest, pristine ecosystems in the world. Eastern Washington continues to be rich and productive. Never count out Mother Nature's unbelievable capacity to heal and restore.

This is true of the human body as well. While we all know of the devastating loss of loved ones

whose illnesses gained the upper hand, the body has amazing healing capacity. I will never forget the middle-of-the-night experience when we had our newborn in bed with us and her little bitty finger

nail managed to slice open Kim's eye. We went to the emergency room wondering whether Kim would ever regain vision out of that eye. All the doctor did was put in an antibiotic drop and apply a patch over her eye. Twenty-four hours later, when the patch was removed, Kim could see as clear as crystal. Dr. Boylan said, "The eye is one of the fastest healing parts of the body."

Today we are facing another ecological disaster—millions of gallons of crude oil spilled into the Gulf of Mexico. This is a disaster that with greater precaution could have been avoided. The emotional and economic toll that it has taken on the Gulf region is indeed heart-wrenching, and the long term environmental impacts are at best unclear. I in no way want to downplay how devastating this event has been, and yet at the same time I don't want to dismiss the redemptive power of healing that is built into creation itself.

I hope I am alive 30 years from now to see what the impacts will look like then. In a world where there is a lot of gloom and doom, let's not give up on the redemptive powers that make it possible to take a broken world and put it back together again. I have spent the past 30 years marveling at how this force works both in creation and in the personal lives of the people I love.

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



Kirby Unti
COLUMNIST



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**Get that
Youthful
Feeling
Back!**

New women's program aims to make you

glow



BY MARY KOCH

If you're a woman who has too much to do in too little time, you're precisely who Valley Medical Center has in mind as it launches "GLOW," a health and wellness program created by women, for women.

You'll have company. Before formal marketing began, 800 women registered for GLOW, says Liz Nolan, director of VMC's marketing and community outreach. She anticipates a thousand women will attend the kickoff celebration, which will include a dinner at ShoWare Center Sept. 30, a health fair, music by the EriAm Sisters, a "smoothie" bar and featured speaker Juliet Funt.

Funt, a mother of three, is the daughter of the late Allen Funt, television celebrity of "Candid Camera" fame. As a motivational speaker, Juliet Funt delivers both comedy and inspiration, discussing topics including stress and gender, finding more time, and breaking the "trance" of busy-ness.

Why a program just for women? Nolan cites statistics that indicate women make family health care decisions 90 percent of the time, spend two out of every three healthcare dollars, schedule 83 percent of physician appointments and make 81 percent of chain drugstore purchases.

"Women being the decision makers in the family, the key is to get to that audience to kind of steer their children," says Nolan. "We want to help women help themselves and have a little fun in the process."

Valley Medical's CEO, Rich Roodman and wife Cheryl originated the concept. A few years earlier, Roodman and his mother came up with the idea for GoldenCare, a similar program for senior citizens that now has some 20,000 members. Nolan,

hired by VMC just 10 months ago, had a strong background in women's health awareness and was ready to make Roodman's concept reality.

Developing GLOW "was a joy for me because I was able to start from scratch," says Nolan, noting that the hospital has specific needs and goals. "We were able to customize it and make it work for us."

While GLOW is a free program, the kickoff dinner will cost \$20 per person to help offset expenses, says Nolan. Future events will be free – and fun, she adds. Generally, events will represent health observances each month, including breast cancer awareness in October or heart month in February. Heart month activities could include a chocolate tasting, because dark chocolate is cited by cardiologists as beneficial to heart health. Future plans include a spa day in April with massages, yoga and red wine tasting – also cited by some as beneficial to the heart.

Just in time to ward off children's overindulgence during Halloween will be the Oct. 28 program, "Healthy Choices for A Healthy Life," featuring diabetes educators. The event will be held from 6 to 7:30 p.m. at the Medical Arts Center Auditorium, focusing on nutrition and smart food choices. Despite the predominance of candy, "one great thing about Halloween is that at least kids are getting out and walking around the neighborhood," says Nolan.

Nolan has worked with an advisory board of women representing all areas of the hospital, from obstetrics to oncology, from volunteers to the fitness center. The board tossed around many possible names before settling on GLOW – "a word that represents health and vitality," says Nolan. "We want the women who are part of it beaming with health."

GLOW will incorporate partners and sponsors from the community. The first two partners were Maya Whole Health, with its emphasis on holistic health care, and Valley Radiologists, which reads mammograms for the hospital. Others might include businesses outside the healthcare spectrum, such as an auto dealer sponsoring a session on safe driving and vehicle maintenance, suggests Nolan.

Programs will be offered for all ages of women, she says – from young mothers learning how to raise children to older women dealing with post-menopausal issues.

"We encourage women, 'Bring your mom. Bring your daughter.' It's a generational thing where they can learn from each other," says Nolan.

Want to get GLOWing?

You can register for the free GLOW program or buy tickets (\$20 each) to the Sept. 30 kickoff celebration (5:30-8:30 p.m. at ShoWare Center) by going to www.valleymed.org and clicking on "Health & Wellness" under Services. Or you can phone 425-656-INFO. Tickets may also be purchased in both Valley Medical Center gift shops. Tickets are \$10 for VMC employees and a table for 10 costs \$180. A sneak peak at Juliet Funt's presentation is available at www.julietfunt.com.

The time is right for winterizing your home



Want to learn more?

McLendon Hardware starts its fall quarter of home improvement classes at Renton Technical College on Sept. 25 through Dec. 4. More than a dozen classes will be offered, from preparing your pipes for winter, preventing storm and flood damage, to landscaping your garden for winter beauty. A full list of classes is on pages 56-57 of the RTC fall catalog, available online at www.rtc.edu; click on Continuing Education under the Programs heading.

BY ANDREW FICKES

*P*reparing your home for winter weather is all about timing, and much of it you can do yourself.

"The time to do it is September and October, because we get early freezes in winter," says Andy Wigen, a home services specialist at McLendon Hardware. "Home owners should attack while the weather is still good."

Wigen says much of winterizing a home revolves around the necessity to save on energy by keeping cold air out.

"In general start with the building envelope," he says. "If you have only a few inches of insulation, adding insulation is a no-brainer."

He says the code requirement is 14 to 16 inches of insulation in a house.

"If you see studs in your attic, then there is little insulation," he says. "It's an excellent return on investment and a good way for heating your home in general."

Identifying the efficiency of your furnace is also a good idea, he says.

"If you have a 1960s or 1970s furnace, these tend to be 20 to 50 percent less efficient," he says. "You should replace the furnace then."

Wigen says older homes typically will have more problems with energy efficiency and heat loss. But let's assume, he says, your house is a good

basic structure.

"The next thing to do then is seal up drafts," he says. This includes caulking the sides around the doors and windows connected to the siding.

Energy efficiency can also be improved by replacing single pane with double pane windows. According to Wigen, double pane windows are five times more efficient than single pane.

"Windows are a good way to achieve an aesthetic improvement for a home, while at the same time dramatically decreasing energy consumption," he says.

Water pipes are also a trouble spot during winter weather, and should always be wrapped with insulation. At \$75 to \$100 for foam pipe wrap, Wigen says the work is relatively inexpensive to do on your own.

Diane Kauffman, an associate in McLendon's plumbing department, suggests home owners always leave the hose off the bib nozzle. She says the nozzle should also be installed at a slight decline, so water naturally leaks out the end and doesn't freeze in the pipe.

"If water freezes, that becomes a big plumbing expense," Wigen says.

Wigen says this fall is a good time to make last-minute energy appliance purchases; the federal energy tax credit on home energy products expires Dec. 31. Home owners who install an energy appliance by then qualify for up to a \$1,500 tax credit. Putting new windows and insulation in a home also qualifies for the credit.



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Tom Small, Executive Chef



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Skate park:

BY SARAH ZUGSCHWERDT

Kids, board concret

"Mom, you should've seen it! My pr
"I got some wicked air on my kick

Parents, don't panic. Your children are not
incomprehensible foreign language.

It's boarder talk—skateboarding slang
trick names.

They may have picked up the language at
ular facility for skateboarders and inline sk
downtown in Liberty Park. Kids there are ha
burning calories, building endurance and m
ticing balance, timing and coordination. Ho
ment, exercise and socializing for the cost
(or pair of inline skates) and helmet.

"All of my freshman year summer, I w
recalls 18-year-old Alex Presnell, who st
park at 13.

"I'd just be like, 'Hey, mom, I'm going
I'll see you later,' and it'd be like, six in
ridiculously into it."

The recent Lindbergh High School
tices tae kwon do, but the skate park c
alongside an active one, becoming ill
nity center.

"I had friends that I made here, I
people that I would have never met
people that I've seen around that I'r
"I like it when there're people here
that always pushes me to do better

Top photo, this page: Alex Presnell, recent
Lindbergh High School graduate, has been a regu
lar at Renton's skate park since age 13. Above:
Brandon Gardner (far right), Dakota Bush (middle)
and friend take a break at Renton's skate park
inside Liberty Park. Photos by Sarah Zugschwerdt.

Opposite page: Andy Hopgood, 19, catches some
air. He started about 6 years ago. Andy is also in
the art photo used as background on this page.
Photos by James Bavendam.



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Renton's skate park, former location of the Henry Moses pool, was developed by popular demand after the pool was closed. Using capital improvement project funds, Renton opened the skate park in 2001, says Leslie Betlach, parks director.

The 84,000 square feet of concrete fun includes functional art: a series of whoop-de-dos (ramps resembling humps) called "Rolling Waters" that mimic river motion.

"Boarders ride it kind of like a wave," says Betlach.

Bike and scooter riders are prohibited since the pegs on both can dent the concrete surfaces of the skate park. Like most city parks, rules are posted, but the park is unsupervised. Skaters use the facility at their own risk. Possessions and children alike require appropriate parental supervision. Veteran boarder Presnell suggests that beginning or very young skaters, try coming in the morning when the park is mostly empty.

Fourteen-year-old Brandon Gardener says he's been at the park nearly every weekday for two years. It's a much more interesting hobby than "being at home playing video games. That's just boring."

His buddy and skateboard competitor Dakota Bush, 15, also appreciates the park: "It's a cool place for kids to learn how to skateboard."

Speak the language

Confused about skateboarding terms? Type "skateboarding tricks" into an internet search engine and explore the links—many include precise definitions and videos. For more information about Renton's skate park, visit the City of Renton's Web site, www.rentonwa.gov/living, and click the parks tab, master park directory, and skate park.



around
the garden

WEEDS GONE WILD ARE MORE THAN JUST IRRITATING

A popular definition of a weed is "a plant that's growing where you don't want it to." It's a benign definition, and true in the garden where weeds can be controlled by keeping an eye out for them and nipping them in the bud, so to speak.

The definition doesn't apply to the jack-booted invaders that march through the natural landscape, destroying and smothering everything in their path. They are known as invasive plants or noxious weeds. According to the State Weed Board, "Noxious weed is the traditional, legal term for invasive plants that are so aggressive they harm our local ecosystems or disrupt agricultural production."

Most invasive plants are non-native. Of the over 300 species of these, approximately 50 percent were brought here deliberately to plant in our gardens. Because some of these no longer faced the conditions that limited their growth back home they escaped from the garden and into the natural landscape. Some were already invasive in their native environment. (It's a mystery why those were allowed to come over on the

boat!)

What makes plants invasive? The characteristics shared by most include: they produce prodigious amounts of seed, they reproduce both through seed dispersal and spreading vegetative growth, and the seeds aren't fussy. They need no special conditions to germinate. Seeds fly in the tummies of birds. They travel long distances in trucks and on ships. Even the soles of our shoes can be responsible for transporting them. Invasive plants are so aggressive that they change the ecosystems where they gain a foothold by crowding out native plants and animals. What was once an area of biodiversity becomes a monoculture. In agricultural areas, they are responsible for millions of dollars in lost production.

What can you do? Become familiar with the invasive plants in our region. The State Weed Board and King County's Noxious Weed Control Program are excellent resources. Each publishes a small booklet with information and colored pictures of each weed to make identification easy. Don't purchase invasive plants! Yes, it's hard to believe, but nurseries do sell



PHOTO COURTESY OF KING COUNTY NOXIOUS WEED CONTROL PROGRAM

This Giant Hogweed is a giant problem. Its sap, in combination with moisture and sunlight, can cause severe skin and eye irritation, painful blistering, permanent scarring and blindness. Don't touch!

them. If your nursery is one of these, kindly bring it to the attention of the owner. Use only non-invasive species when landscaping your property.

Next month – how many invasive plants are already in your garden and what can you do about them?

Elaine Anderson is the Washington State University Extension coordinator for the King County Master Gardener Program. For answers to your questions about invasive weeds and other gardening topics, call the Master Gardener Phone Clinic at 206-543-0943.

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Mastering tae kwon do: age is no limit

BY ANDREW FICKES

Ofter 45 years of smoking, Dee Ashworth quit cold turkey two-and-a-half years ago. Her motivation? A first degree black belt in tae kwon do.

"I wanted the black belt more than I wanted cigarettes," she says. "Tae kwon do gave me the strength and the stamina to quit smoking."

The 60-year-old received her black belt last May from Renton's Washington Black Belt Academy along with eight other graduates – all less than half her age. The youngest was James Ryland, age 7.

Ashworth is not the only 60-something pursuing the "art of hand and foot." Rick West, 63, is at Kim's Tae Kwon Do in the Renton Highlands three times a week, working his way to a fourth-degree black belt.

"I equate it to someone who goes to the gym year round," he says. "If I stopped going, I would quit all together."

West first got involved in martial arts during his 20s while he served in the Navy. Then, as he puts it, life happened. He dropped out of martial arts until he was 52. His daughter told him she'd take up tae kwan do if he would, and in 2002 he earned his first degree black belt – three months ahead of his daughter. By 2007 he'd reached third degree.

He says he appreciates tae kwon do for the strength and flexibility it gives his muscles and joints.

"I'm always going to have aches and pains, but it's better to stay active," he says. He credits tae kwon do with helping him control his emotions and physical and mental abilities, rather than learning how to fight.

"We're not here to learn how to bully someone," he says.

For Ashworth, the challenge has not been her age but



RENTON MAGAZINE / ANDREW FICKES

Rick West (center) along with 30 other martial art students spanning black to white belts. West, as a third-degree black belt, is a master of 15 forms—sequences of kicks, blocks, and punches.

Others seniors active in martial arts:

Lee's Martial Arts:

David Benson, 59,
a green belt training for black belt
Eddie Harris, 59,
a blue belt training for black belt

Kim's Tae Kwon Do:

Jim Greivell, 57, third degree black belt
Alan Hendrickson, 61, first-degree black belt
Mike Tarrant, 57, training for black belt
Margaret Mollien, 62, training for black belt

her physical condition. She is hard of hearing, has emphysema and an injury to her left knee. Prior to tae kwon do training, she says she used her inhaler four to five times daily. Now, it's much less.

Her son Joe Kluck, himself a black belt, got his mother involved because she was depressed after the loss of her older brother.

"I saw her whole demeanor change when her brother died," he says. "She looked up to him like a father figure."

Now, he says, his mother is totally different. But then, it's who you are inside that makes you a black belt, he notes. From his point of view, his mother has been a black belt for many years.

A single mother of four from the time Kluck was 5 years old, Ashworth held down two jobs.

"She worked 15 hours a day," remembers Kluck.

Ashworth was skeptical when she began tae kwon do, but soon, under Master Richard Chung's tutelage, she said she felt younger.

The discipline "has changed my mind, body, and soul," she says. "Now, I have good dreams. Now, I look forward to each day."

Kim Brookbank, a friend and fellow black belt wearer, praises Ashworth's "perseverance and her indomitable spirit."

As for Ashworth, "I'm so proud to tell my grandkids that, 'Your grandmother got her black belt at 60.'"

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FROM THE FARMERS' MARKET

It would be impossible for me to not get excited about the wonderful farmers' market in our community. The visual delight of the many colors, sights and smells is a feast for the senses. It's fun to chat with the growers about their meth-



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.

ods of production or the different varieties of fruits and vegetables that are appearing locally. The national trend of eating locally grown food and more healthy fruits and vegetables is a lesson we should all take to heart.

When fruits and vegetables are at their freshest and finest, simple preparations are the best way to go. Here are a few new ways to use them by way of salads or desserts.

Melon, Cucumber and Tomato Salad

It's the dressing that pulls this salad together and creates the magic. Be sure to use only fresh mint, chives and parsley. It is wonderful served with grilled fish.

you will need	
1 honeydew melon	3 large tomatoes, cubed or
1 cantaloupe	1 basket grape or
1 English cucumber	cherry tomatoes

directions

Seed the melons and cut into 3/4 inch cubes. Peel and seed the cucumber, cut in half lengthwise and cut into 1/2 inch crescent shapes. If using whole tomatoes, cut them in half horizontally and squeeze over the sink to get rid of the seeds. Leave grape or cherry tomatoes whole. Combine all ingredients in a large salad bowl.

Mint Vinaigrette

Serves 6 - 8

you will need

3/4 cup light salad oil
1/4 cup red wine vinegar
1 tsp. sugar

2 tbsp. torn fresh mint leaves
2 tbsp. finely chopped chives
2 tbsp. fresh parsley
Salt and white pepper to taste

directions

Using the steel knife of a food processor, combine the dressing ingredients until the herbs are finely chopped. Pour over the melon mixture and refrigerate until icy cold.



Rustic Potato Salad

Serves 8, with leftovers

We make this salad to go with fried or BBQ chicken and it is a real hit every time. If you want your salad creamier, just add more mayonnaise.

you will need

3 1/2 lbs. red potatoes, cut in chunks
2 cups mayonnaise
1 cup coarse ground mustard
1 cup bacon bits
1 cup thinly sliced green onions
1/2 cup fresh parsley

directions

Cook the potatoes in gently boiling water until tender. Drain and cool. Mix mayonnaise and mustard together. Stir into the potatoes, add bacon, onions and parsley, mixing well.

Serve immediately or chill until serving.

Flaming Strawberries

Serves 6 - 8

This recipe is easy as well as glamorous. What more could one ask? It is something light yet sweet after dinner. Try using various ice cream, sherbet or gelato flavors, instead of vanilla. I've had delicious success with orange sherbet and strawberry gelato.

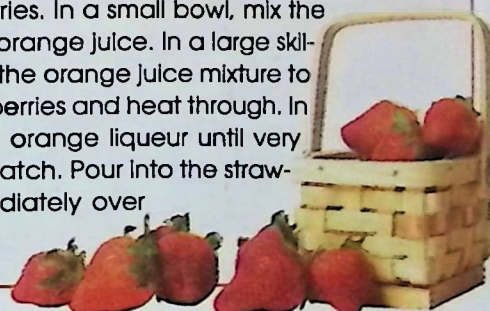
you will need

1 pint fresh strawberries, washed and stemmed
1/2 cup sugar

2 tbsp. cornstarch
2/3 cup orange juice
1/3 cup orange liqueur, such as Grand Marnier

directions

Quarter or slice the strawberries. In a small bowl, mix the sugar and cornstarch. Stir in orange juice. In a large skillet over medium heat, bring the orange juice mixture to a gentle boil. Add the strawberries and heat through. In a small saucepan, heat the orange liqueur until very hot. Carefully ignite with a match. Pour into the strawberry mixture. Spoon immediately over scoops of ice cream.




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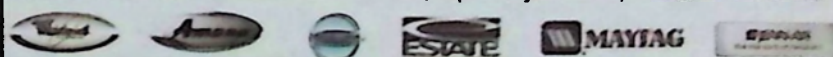




PHOTO COURTESY OF EUGENE HEUSCHEL

Mary Alice has travelled 30 countries and always enjoys local customs. She loves the outdoors, including fishing. Here, with a large fish on Queen Charlotte Island, B.C.

"We have amazing opportunities in education in America that we don't always appreciate ..."

~ Renton school Superintendent Mary Alice Heuschel

Superintendent brings

BY ANDREW FICKES

Being a school superintendent is not a job, but a lifestyle, says Renton Superintendent Mary Alice Heuschel. Whether it's at an after-school event or talking to legislators at the capitol building in Olympia, Heuschel advocates for students, both in her district and statewide.

"She is energetic and enthusiastic," says Randy Matheson, spokesman for the district. "She is a force for students."

Even on vacation, she has students in mind. In August she flew to Lisbon, Portugal, with husband Gene – not to catch some sun, necessarily, but to experience the education of students in the remote fishing villages there. It was part of a trip organized by Edward Jones. Heuschel's husband Gene is an Edward Jones financial advisor.

"We have amazing opportunities in education in America that we don't always appreciate, so when we travel I always build visiting schools into the trip," she says. "I want to learn how other countries provide education, and their system for success."

She has traveled to nearly 30 countries and continents, including Africa, Australia, China, Japan, Mexico, Europe, and Canada. Having read extensively about third-world schools, she says that "experiencing first-hand helps me put into context the information I read."

"It also helps me stay grounded in helping students to appreciate opportunities in educa-

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tion.”

Heuschel says it's hard to complain about budget cuts (Renton cut \$4.2 million from its \$139 million budget last year) when she witnesses schools, say in the jungles of the Amazon, where students use rocks to write the alphabet on slate.

“It's almost inconceivable to think about unless you see it,” she says. “The schools there care about the students; it's just that their tools are different. Opportunities there for children are minimal. We really take things for granted in America.”

While she travels, Heuschel carries a camera, capturing students at play or the abundant wildlife around her. She shares the photos with staff and administrators to enforce different messages, whether in meetings or in letters wishing teachers “happy holidays.”

In one instance she used a photo of an

ostrich in Borneo to illustrate to teachers the attention to detail that is required to meeting learning needs of students.

A native Rhode Islander, Heuschel became superintendent of Renton schools on July 1, 2006. Before that, she influenced education policy statewide as deputy superintendent for the Office of Superintendent of Public Instruction.

While there, she implemented the state's plan for “No Child Left Behind”—George W. Bush's education initiative. Her work included travels to Washington D.C., meetings with presidents Clinton and George W. Bush, and tea with Laura Bush in the White House Rose Garden.

As Renton's superintendent, she supported the Legislature's move toward education reform through House Bill 2261.

“I have a strong belief that we have an obligation to impact education statewide,” she says. While overseeing a Renton staff

of 1,200 and 14,500 students, Heuschel also serves on the Washington STEM (science, technology, engineering and math) Center Board, the state Special Education Advisory Council and is president of the Washington Association of School Administrators Metro Region.

“Her connections with state organizations have been a benefit [to the district] in reaching out to other professionals and to help us be better at we do,” says Matheson.

Heuschel says she has implemented a “fierce focus on achievement” in the district. As a reflection, 90 percent of Renton seniors graduated last spring.

Chip Kimball, superintendent of Lake Washington Schools—and a good friend, says Heuschel “understands large policy issues and how to navigate policy issues so that students benefit.”

“When someone moves from OSPI to

a school district, sometimes it's hard to embrace the local nature of the job, but she transferred seamlessly,” says Kimball. “You can tell by how she talks. There is a tone in her voice that leads you to believe she is drinking from the Renton Kool-Aid.”

Heuschel refers to Renton and the district as family; she is proud of how well the community supports the schools.

Born and raised in Bristol, R.I., she received a bachelor of science in K-12 education at Wheelock College in Boston. In 2004, she received a doctorate in educational leadership and a superintendent's certificate from Seattle Pacific University.

Her mother—a registered nurse—and father had great expectations for their six children to achieve higher education.

“It was an automatic expectation,” she says.

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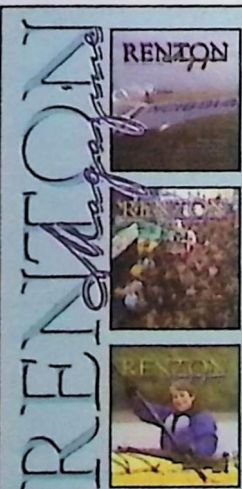
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pet care

Between life and death, there's hospice care

BY DR. KATHLEEN CONNELL

For family pets with incurable or terminal conditions, a newer option in treatment and medical care is hospice care. Owners can look to hospice care as an alternative to euthanasia. Some owners choose to have their beloved pet die at home, not in medical surroundings, such as a veterinary clinic or pet emergency clinic.

Hospice care affords owners the time they need to make final decisions about their pets. Time in hospice care also allows owners and family members time to prepare for their pet's death.

The newfound interest in veterinary hospice care for pets probably stems from people's firsthand experience with the service, either for themselves or for friends or family members who received hospice care. With hospice care for their pets, owners can manage pain and provide care at home until death occurs naturally or they seek euthanasia.

A national veterinary organization, the American Veterinary Medical Association, offers guidelines for hospice care. These AVMA guidelines set forth standards and protocols for animal hospice care and are available to the general public. You can access the guidelines through AVMA's website, www.avma.org/products/hab/hospice.asp.

The Nikki Hospice Foundation for Pets and the Assisi International Animal Institute are coordinating the

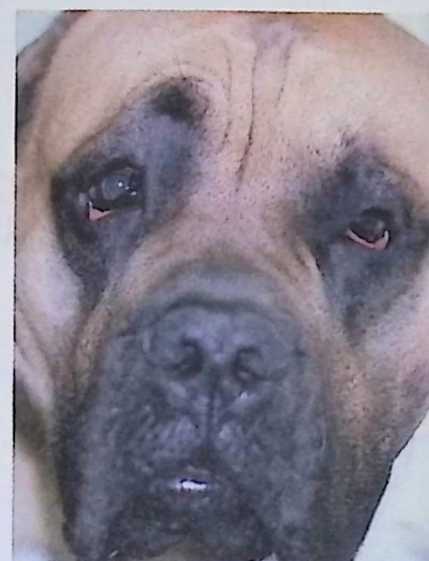


PHOTO COURTESY OF
 HENRY MOORE JR. BCU/WSU.

Hospice care can help owners with end of life decisions and provide important support at a critical time in an animal's life.

Third International Symposium on Veterinary Hospice Care at the University of California-Davis Sept. 4-6. The target audience is veterinary professionals and students, grief counselors, animal shelter personnel and the general public.

Ask your veterinarian if he or she offers hospice care. Some veterinary clinics have devoted their entire practice to end-of-life treatment. One such clinic is the Argus Institute at Colorado State University, Fort Collins, Colo.

Owners who pursue hospice care will work closely with their pet's veterinarian for end of life care and support. The veterinarian will give instruction and guidance on home health care, such as administering medications and fluids, wound care, pain management and other nursing and supportive care. Owners may also choose to add alternative therapies to their pet's treatment, such as acupuncture or chiropractic.

Owners contemplating end of life decisions for their pets may want to seek out resources on euthanasia, children and pet loss, stages of dying, grief counseling and other related topics. Some helpful organizations and websites include:

The Nikki Hospice Foundation for Pets, Vallejo, CA, www.pethospice.org

The Association for Pet Loss and Bereavement, Brooklyn, NY, <http://aplb.org/index.html>

The National Hospice and Palliative Care Organization, Alexandria, VA, <http://www.nhpco.org>

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author, mom of three

Thursday, September 30, 2010

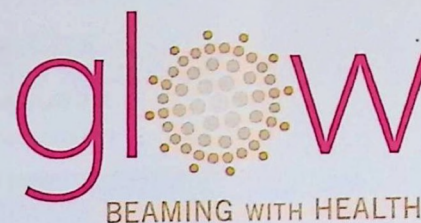
5:30-8:30pm

ShoWare Center

Tickets: \$20 each or Table of 10 for \$180

- GLOW Health & Partner Fair
- Smoothie bar
- Buffet dinner
- Woman power!
- Live entertainment

Space is limited, so get your ticket today
by logging on to valleymed.org/glowevents.



JOIN US

**for a fabulous kickoff celebration
for GLOW, Valley Medical Center's
new health and wellness program
created by women, for women.**

The #1 lifestyle complaint in the world today
is having "too much to do with too little time."
GLOW was created by a group of spirited women
who face this challenge each day and are
determined to provide a program for women that
combines wellness, education and fun. And who
better to help us launch GLOW, than Juliet Funt,
author, comedian, and mom of three.

As the daughter of Allen Funt, creator of the
Candid Camera television show, Juliet has spent
her life observing the hidden truths beneath our
social selves. Join us for a hilarious, story-filled
journey to where the answers lie.



Valley
Medical
Center

Remarkable things happen here.™