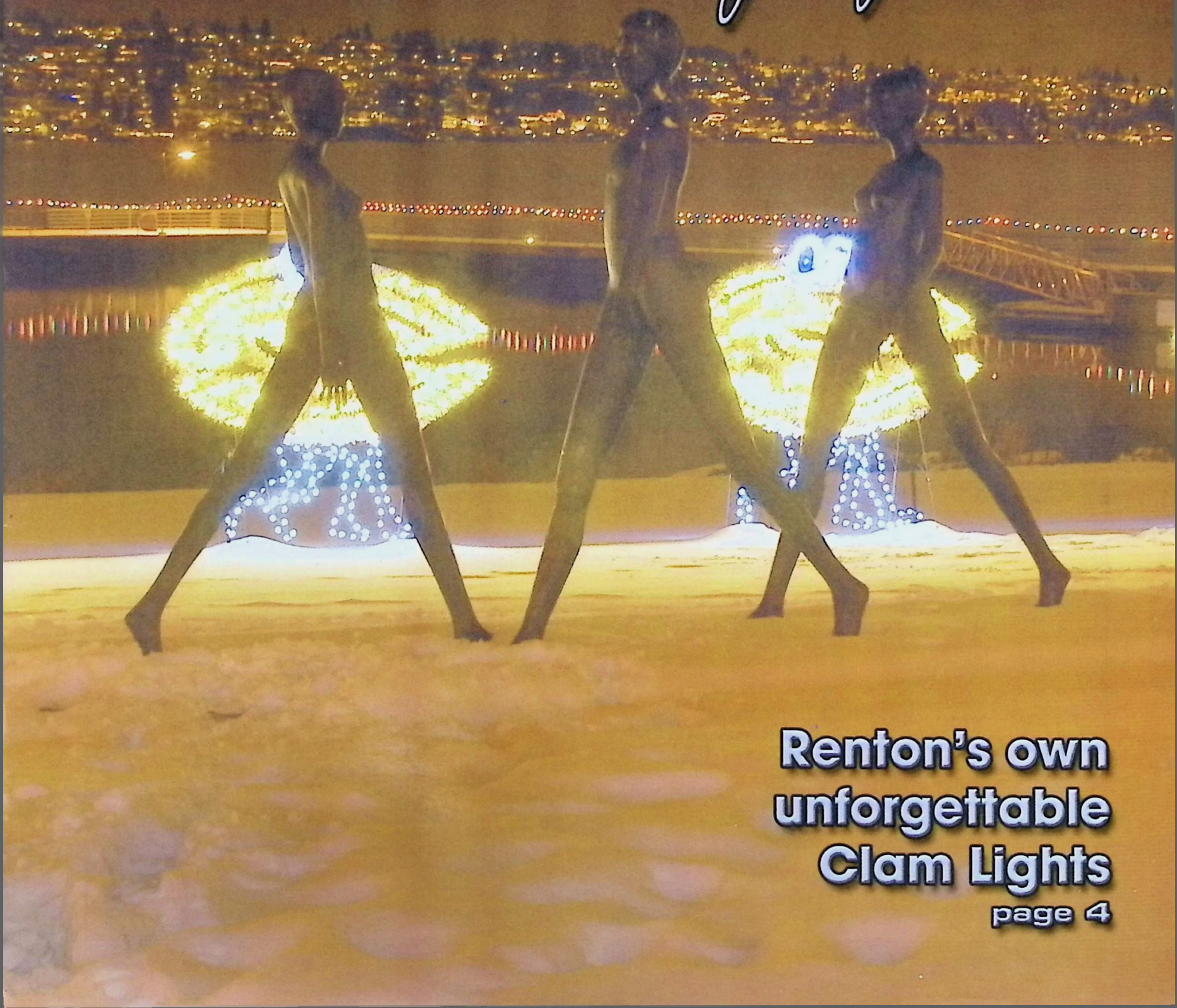


RENTON Magazine

Volume 4 / No 12 December 2009



**Renton's own
unforgettable
Clam Lights**
page 4

Get the holidays all wrapped up...



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CHOWDER HOUSE • J. JILL • MAMA STORTIN'S RESTAURANT & BAR • MARIE MAGGIE ACCESSORIES • THE RAIN RESTAURANT & BREWERY AND MORE!

publisher's note

What are your favorite holiday memories? What are those special times that we hold in our hearts, defying the rational laws of economics and hectic times?

In our over-scheduled lives, I think it's more important than ever to create special memories for our children and families.

When I was a child, the third of four children, our big Christmas gift to our parents was my younger sister, Kara. It was tough to get her into the big box, wrap it and haul it up the steps without her giggling too loudly, but we managed. Mom and Dad were always so surprised and happy to open this gift! I don't recall how many times we did it, but know it was more than once. And although I have no memory of being wrapped up myself, before Kara came along, I'm told I was.

I remember the sound of the sleigh bells jingling through the house, and Mom gently waking us to say that we had just missed Santa, and waking to the cookie crumbs and missing carrots.

And I still love to sit in my quiet living room, late into the evening, and enjoy the lighted Christmas tree. It's another small, simple pleasure I learned from my mother.

In high school, my stepson badly broke his ankle. It was just before homecoming and a long-awaited Halloween dance. He was so upset and



Diana Kramer
PUBLISHER

frustrated by the change in his plans. His creative father turned him into a giant wind-up toy by fashioning a key of foil-wrapped cardboard and affixing it to the back of the wheelchair with a broom handle. We never gave that Halloween another thought.

Several years later young James' friends gathered for his wedding, and talked about their favorite high school memories. Imagine our surprise when James-the-giant-windup-toy was recalled in great detail and many laughs.

Moving into the holiday season, it's easy to get distracted by the hustle and stress of trying to create the Currier & Ives fantasy picture.

This holiday season, I hope you'll take a few quiet moments to share your family's memories, and to create new ones.

RENTON *Magazine*

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425.271.9300

President & Publisher | Diana Kramer
diana@pugetsoundpublishing.com

VP & GM | James Bavendam
james@pugetsoundpublishing.com

Executive Editor | David Suffia
david@pugetsoundpublishing.com

Reporter | Andrew Fickes
andrew@pugetsoundpublishing.com

Advertising | Clyde McDade
clyde@pugetsoundpublishing.com

Graphic Designer | Kerri Ladines

Columnists | Elaine Anderson
| Charlie Powell
| Elizabeth Stewart
| Kirby Unti

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cover: The sculpture Interface by Phillip Levine share the shoreline at Gene Coulon Park this time of year with the Clam Lights. Of course last winter, the "stage" was covered with snow. The Clam Lights will be back next month, drawing thousands of visitors to the park. See notes on page 4. Photo courtesy of Denis Law.

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

CLAM LIGHTS at Coulon

december 4

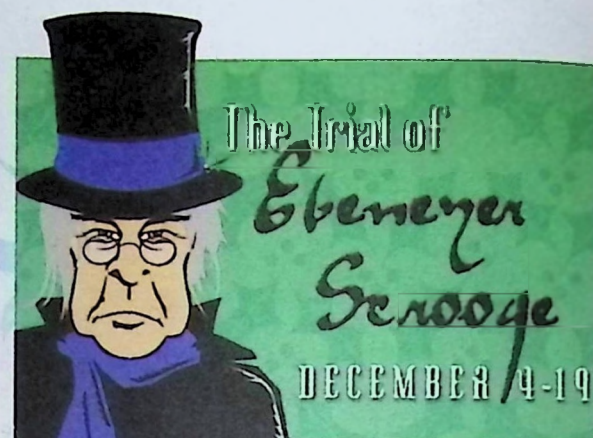


The 16th annual Clam Lights at Coulon began as a small lighting display at Gene Coulon Memorial Beach Park. It has since expanded to draw thousands of people each season. Clam Lights are on display through Jan. 1. Entertainment begins at 6:30 p.m.

Friday, 6:30 p.m. (entertainment);
7:15 p.m. (Clam Lights);
7:30 p.m. (Parade of Boats)

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

425-430-6700 / Admission: Free



Renton Civic Theatre
presents the trial of the century.

A year after his miraculous transformation, Ebenezer Scrooge is back to his old ways and is suing Jacob Marley and the Ghosts of Christmas past, present, and future for breaking and entering, kidnapping, slander, pain and suffering, attempted murder and the intentional infliction of emotional distress.

Thursdays, 7:30 p.m.	425-226-5529
Friday and Saturdays, 8 p.m.	Admission:
Sunday matinees, 2 p.m.	\$25/adults;
Renton Civic Theater	\$17/seniors and
507 S. Third St.	students



december 5

Downtown Holiday Celebration/ Tree Lighting

The public is invited to enjoy caroling, hot cider, and roasted chestnuts. An evening of entertainment is sponsored by Piazza Renton, downtown businesses, and supported by the City of Renton. Local musicians will perform and Santa will visit with kids.

Saturday, 2 p.m.

Downtown Renton
South 3rd St.

Piazza event: 425-917-0173
Downtown event: 425-255-6078

Admission: Free



december 12

The Tales of Hans Christian Andersen

Hans Christian Andersen heard these stories as a child and wrote them down for us all to know. Through storytelling and ballads, Allan Hirsch inspires children of all ages with his performing and teaching. Stories include: "The Wild Swans", "Hans Clodhopper", and "The Tinder Box". This Renton History Museum program is suitable for elementary through adult.

Saturday, 11 a.m.

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

Admission: Free to RHM members



december 12

Breakfast With Santa

Children ages 2 to 12 are invited with their parents and grandparents to enjoy a special Saturday breakfast with Santa. The breakfast and program are prepared with the help of Renton Senior Activity Center volunteers. The two seatings are 9 a.m. and noon. Advance tickets are required and are on sale now.

Saturday, 9 a.m. and noon

Renton Senior Activity Center
211 Burnett Ave. N.

425-430-6633

Admission: \$8 per person

upcoming events



December 11, 12, 18, 19

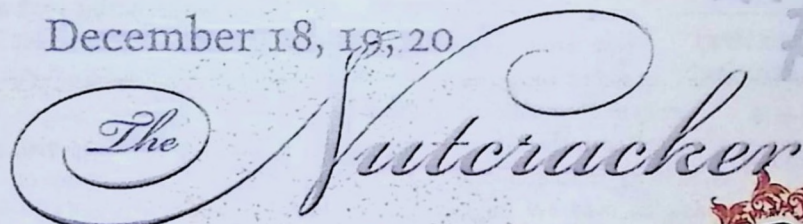
Visit Santa's House at the Piazza Park to tell him all your holiday wishes. Free photos and sittings for good boys and girls.

Fridays, 5-7 p.m.;
Saturdays, 1-4 p.m.

206-619-1101
(Alecia)
Admission: Free

Piazza Park
South Third Street and
Burnett Avenue South

December 18, 19, 20



Presented by Evergreen City Ballet, "The Nutcracker" captures the holiday spirit through the beauty of dance and music. Audiences will be entertained by dancing snowflakes and take a journey with Clara and her prince to the enchanting, far away land of this magical classic for the whole family.

Friday, 7:30 p.m.;
Saturday, 1:30 p.m.
and 7:30 p.m.;
Sunday, 1:30 p.m.
IKEA Performing Arts
Center
400 S. 2nd St.
Admission:
\$43.50/adults;
\$30.75/seniors;
\$19.75 children (price
includes handling fees)
evergreencityballet.org
425-228-6800



Through December 6

**Bell, Book,
& Candle**

Valley Community Players presents this tale about a witch who casts a spell over an unattached publisher, partly to keep him away from a rival but also because she is attracted to him. He falls head over heels in love with her and proposes marriage. Unfortunately, witches cannot fall in love. This minute imperfection leads to a number of difficulties.

Fridays and Saturdays, 8 p.m.;
Thursday, 7-30 p.m.;
Sunday, 2 p.m.
Carco Theatre
1717 Maple Valley Highway
www.valleycommunityplayers.org
Admission:
\$15/adults;
\$14/students
and seniors



DECEMBER 12

Northwest Sound
Men's Chorus
presents its annual a
capella holiday show.

Saturday, 2 p.m. and 7:30 p.m.

IKEA Performing Arts Center
400 S. 2nd St.

206-789-0541 (Paul)

Admission: \$22/adults;
\$18/seniors; \$10/children

www.nwsound.org

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calendar of events



CHRISTMAS EVENTS

K9 Candy Cane 5K Fun Run and Walk

Sunday, Dec. 6, 9 a.m.

This run/walk will start at 9 a.m. at the Renton Community Center and travel along the Cedar River Trail before looping back to the community center. Competitive runners, leisure runners, walkers, junior athletes, families (with or without dogs) are all invited. Free, after-race pictures with Santa will also be available.

Renton Community Center
1715 Maple Valley Highway

425-430-6700

Fee: \$28 (three dollars of each donation will be used to support the Cedar River Off-Leash Dog Park. Bring a can of food to help dogs in need)

Renton Youth Symphony Orchestra

Sunday, Dec. 13, 3 p.m.

This talented group of young people will perform unabridged classical compositions reminiscent of the season at Carco Theatre.

Carco Theatre
1717 Maple Valley Highway

425-430-6700 (for tickets)

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

Argosy Christmas Ship

Thursday, Dec. 17, 8-8:20 p.m.

Featuring entertainment by a local Northwest choir, the Argosy will be just off the shores of Gene Coulon Memorial Beach Park. The ship's annual visit draws an audience of thousands and is sure to put you in the holiday spirit.

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

425-430-6700 / www.argosycruises.com

Admission: Free

Renton City Concert Band Holiday Show

Thursday, Dec. 3, 7:30 p.m.

The public is invited to be dazzled and delighted by the holiday music of the Renton City Concert Band, directed by Michael Simpson.

Renton IKEA Performing Arts Center
400 S. 2nd St.

425-430-6700 (for tickets)

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

SCHOOL HOLIDAY EVENTS



Holiday Breakfast

Saturday, Dec. 5, 9 a.m.

The Renton Park Parent-Teacher Association invites the public to attend its annual breakfast of pancakes and sausage, fruit, orange juice, hot cocoa, and coffee. A Giving Tree in the school lobby will allow families to select a child to purchase a gift for. There will be a raffle for gift baskets and six different crafting stations. Santa will be there, too! Pictures with Santa are \$2 and are printed on the spot.

Renton Park Elementary School
16828 128th Ave. S.E.

425-204-4370 (Laura)

Admission: \$4/adults; \$2/students; under 5 is free

TEEN PROGRAMS

Teen Nights

Saturday, Dec. 19, 7-10 p.m.

The City of Kent will provide events including 3-on-3 basketball tournaments, game room tournaments and more for teens ages 11 to 17. There will also be movies, snacks and prizes.

Highlands Neighborhood Center
800 Edmonds Ave. N.E.

425-430-6700 / Admission: Free

RENTON LIBRARY EVENTS

Teen Tuesdays at Highlands Library

Tuesday, Dec. 29, 3-4:30 p.m.

Last Tuesdays of the month are teen days at the Highlands Library, featuring games, snacks, free stuff, contests, and more.

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

425-430-6790

Admission: Free

Holiday Family Drop-In Crafts

Monday, Dec. 14, 6-8 p.m.

Drop in at the Renton main branch for hot chocolate and crafts. Get in the holiday spirit by making holiday cards and ornaments for your friends and family.

Renton Public Library
100 Mill Avenue South

425-430-6610

Admission: Free

Snowflake Art

Tuesday, Dec. 29, 11 a.m.

Do you want to learn all there is to know

about snowflakes? Learn why all snowflakes have six sides and make real six-sided snowflakes to decorate the library all winter long.

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

425-430-6790

Admission: Free

SENIOR EVENTS

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



National Brownie Day Luncheon

Tuesday, Dec. 8, 11:30 a.m.

The Renton Senior Activity Center is celebrating the chewy, chocolaty, delicious dessert that is the brownie. Attendees will play the cakewalk game, brownie style. If your number is called, you'll win a brownie. Everyone will get a brownie bite for dessert. Join the center for lunch and a chance to win big.

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

Snowman Shuffle

Friday, Dec. 18, 2:45-3:30 p.m.

Join the snowmen and dance the afternoon away. Brisk dancing will warm you up and get you ready for the appetizers being provided by Evergreen Place Retirement Residence. Randy Litch will perform.

Admission: \$4 at the door

Holiday Luncheon

Tuesday, Dec. 22, 11:30 a.m.

A festive, entertaining holiday luncheon will feature the PacCar Carolers. Tickets available beginning Dec. 1.

Admission: \$3 (donation if 60 and over), \$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.



kirby unti



Brace yourself for The Holiday Rush

December has arrived and with it comes what we affectionately call in our culture, "The Holiday Rush." The Holiday Rush, I have learned, is far more than the flurry of activities that come with this season, like shopping, decorating, baking, wrapping, bazaars, concerts, and parties.

The Holiday Rush also includes a spectrum of emotions. Many of us return to our childhood memories of the season. We remember how our families got by on so little and yet managed to make this time of the year so special.

One of my favorite memories from childhood was poring over the Sears and Roebuck's toy catalogue. I had my heart set on getting a toy farm, complete with barn, silo, tractor, fencing and all the animals. I spent hours with that wish book to the point the pages were worn out. I can also remember harassing my parents to no end over wanting a horse for Christmas. I finally dug my heels in and said, "If I can't have a horse than I don't want anything." I didn't get a horse.

This season also is filled with feelings for those families who are going through hard times. It is the children whom we feel the most for. Fortunately the Renton community has a rich tradition of generous giving to the Salvation Army and other charities that provide for our children. I try to take my turn ringing the Salvation Army bell, and I always request the downtown liquor store. Not only is there a lot of foot traffic in and out of the store, folks feel good about throwing a few bucks in the pot.

Our family also adopts a family

every year and this continues to be a very meaningful experience, even now that all of our children are adults. This season also stirs up family emotions. We miss even more those who

have gone before us. The season just isn't the same without them.

It is also true that for far too many, this season pushes families to the breaking point. We have an amazing capacity as people to both hurt and disappoint one another. I know I spend more time during this season helping people get through some tough emotional moments. More so than any other time of the year. My advice going into the season is, lower your expectations and hopes for what you want from other family members and you will be less likely to be hurt or disappointed.

This season also arouses in us a deeper desire for world peace. We always hold out the hope of a cease-fire this time of year, and there are some amazing stories of enemies taking time to celebrate together before reengaging in battle.

There is no doubt about it. December creates a rush of experiences and feelings. I continue to be grateful that we as a community have this time of year when we stress generous giving, caring for all our children, and celebrating life together. So here is wishing you and your household a blessed holiday season. Maybe this year I will get my horse.

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



Kirby Unti
COLUMNIST

The Nutcracker

December 12th
@ Auburn PAC

December 18th, 19th & 20th
@ Renton Ikena PAC

Evergreen City Ballet

www.EvergreenCityBallet.org
1.800.899.9260 ~ Group Tickets available

RENTON

oh, what fun!

thomas kinkade's sleigh ride bouquet

Send an entire winter wonderland cradled in a nest of beautiful Christmas flowers. This Thomas Kinkade collectible comes complete with kids merrily riding sleds downhill toward an illuminated cottage. It's a keepsake that will light up holidays for years to come. For nationwide same day delivery, call or visit our shop. When you give this gift, you also give the chance to win exciting prizes in our Bake a Batch Christmas Sweepstakes.*

Christmas is friday,
december 25

\$62⁹⁵

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Edward Jones
MAKING SENSE OF INVESTING

Students grab at the chance to be intellectual

Checkmate



RENTON MAGAZINE / ANDREW FICKES

Lindbergh math teacher Jeff Guttenberg (right) gets ready to compete against Hoang "Jammy" Phan, a senior. Guttenberg says Phan is the chess club's star player.



BY ANDREW FICKES

It's a Tuesday afternoon and even though it's after school, most of the desks in Jeff Guttenberg's classroom at Lindbergh High School are occupied.

At one desk sit Hoang "Jammy" Phan and Don Rollolazo, huddled over a chess board, plotting their next moves in absorbed silence. A passing train wouldn't knock their concentration.

In mere minutes, Phan dominates the board, ultimately placing Rollolazo's king in check-mate. Rollolazo puts his hands up in defeat.

Phan explains a basic strategy: "When I play chess, I try to take out the opponent's queen as soon as possible. The queen is a very powerful piece if you use it right. The queen can be used as a defensive piece or as an offensive piece.

"I like playing chess in general; it relaxes me when I have homework," he says. "It exercises my mind, because I have to predict my opponent's moves."

A senior, Phan immigrated to America from Malaysia with his mother when he was 3. He started playing a Chinese version of chess when he was 8.

When Guttenberg resurrected Lindbergh's chess club at the beginning of this school year,

Phan suggested that he teach others how to play Chinese chess. Guttenberg thought it would be better to introduce students to kings chess, the American-European version.

Phan quickly grasped the rules of kings chess and is the top scoring student in the club, which numbers approximately 23 students. When he's not winning chess games, he's watching chess strategy videos on YouTube.

"I try to play the best of the best to get experience," says Phan.

"There's an intellectual side in chess that kids respond to," says Guttenberg, who teaches math.

"Playing chess gives them a chance to be intellectual, which I think is good for them."

Phan says

he sees a correlation between his love for chess and his ambitions to be a small business owner one day.

"You have to predict the right outcome in chess, as you do in business,"

he says. "You're constantly look-



RENTON MAGAZINE / ANDREW FICKES

Hoang "Jammy" Phan (left) and Don Rollolazo concentrate on a game of chess, thinking two or three moves ahead.

ing for the best move every turn and like a business, there's a lot of strategizing in dealing with problems coming up."

Griffin Mitchell, a freshman, chooses to listen to his iPod while competing, in order to tune out all the noise around him. On this Tuesday, he won three out of four games.

"It's a good stress reliever," he says. "It helps me to get my mind off school."

For sophomore Monica Mendoza, the chess club provides the only opportunity to play during the week. No one in her family plays chess, but she became interested in the game in grade school.

"It makes you think on an intellectual level," she says. "It really makes you think about strategy and logic."

Guttenberg says he would like to get his club involved in tournaments with other schools in the area as well as organize a Lindbergh High School chess tournament.



Putting the *Environment* on your Christmas gift list

BY DANA E. NEUTS

Between Thanksgiving and New Year's Day each year, it is estimated an extra million tons of waste are generated including everything from Christmas cards and gift paper to unused holiday leftovers and decorations.

Local experts from PSE, Allied Waste and Waste Management offer a number of simple ways to reduce waste and create a greener Christmas.

"If each of us took a few small steps to reduce the waste we produce or to increase the amount of materials we recycle during the holidays, we would save a tremendous amount of materials, energy and landfill space," says Susan Robinson, director of public sector services for Waste Management of Washington. "With a little imagination and commitment, we can create new traditions this holiday season that continue to

reflect love and generosity and also our concern for the environment."

Here are some suggestions:

Gift-giving: Instead of giving stuff this year, offer experience gifts that produce zero waste. For example, instead of giving Aunt Marge a holiday sweater she can only wear once a year, give her a gift card for her favorite store, tickets to a movie or concert, yoga lessons or a donation to her favorite charity. Homemade gifts like arts, crafts and baked goods also make good "no waste" gifts. For electronic gifts, look for the Energy Star logo and, for children's gifts, purchase durable toys that are built to last.

Holiday greetings: An estimated 2.6 billion holiday cards are sold each year in the United States, enough to fill a football field 10 stories high. Instead of contributing to the landfills, e-mail your holiday cards and party invitations this year. Many online sites like Hallmark, American Greetings and Evite offer free and subscription options.

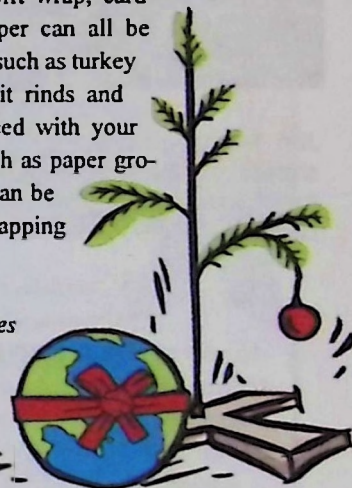
Christmas trees and decorations: When decorating for the holidays, consider an artificial tree which can be used year after year. If you prefer a real tree, purchase a live tree from a local nursery that can be replanted after the holidays. If your favorite holiday tree is a freshly-cut one, recycle it by cutting it down and placing it with your yard waste. Waste Management recommends that the tree limbs be no longer than four feet and asks that all flocking, tinsel and other decorations be removed. In Kent, Boy

Scouts will collect and recycle trees, which will be turned into mulch and wood chips for use by the Kent Parks Department.

Energy conservation: Reduce waste by conserving energy during the holidays. When decorating, for example, buy light strings with LED lights. These lights offer the same brightness but use up to 90 percent less energy and are cooler so they are safer too. For larger outdoor decorations such as stand-up Santas, use a CFL bulb for illumination. When decorations are not being enjoyed, be sure to turn them off and unplug them to save energy.

Reduce, reuse and recycle: Don Fry, municipal relationship manager for Allied Waste says, "Reduce what you're using, reuse what you can, and recycle what you can't." Gift wrap, cardboard boxes and tissue paper can all be recycled, while food scraps such as turkey carcasses, potato peels, fruit rinds and coffee grounds can be placed with your yard waste. Other items such as paper grocery bags and newspapers can be reused for decorating or wrapping gifts.

The City of Renton does not have a specific tree recycling program, but residents can put their trees out with their yard waste on any normal collection day.



It's almost that time...

As a way of giving back to those less fortunate
in our community,

2009 marks the 40th YEAR
that we will host the annual "Mitten Tree":

These warm scarves and mittens are given as
gifts to families at the Salvation Army Holiday
Party each year.

Start knitting now, and bring your gifts to the Bank
when they are ready. With your help, we will adorn
our large tree in the lobby with hundreds of warm
items.

Thank you for sharing!



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RENTON MAGAZINE / ANDREW FICKES

Jim Medzegan and his wife Joanne live on the shores of Lake Washington. Married for 47 years, they have three grown sons and seven grandchildren.

BY ANDREW FICKES

At 69, Jim Medzegan reflects on his years of volunteer service to the Renton community with a word of advice, especially for those newly retired.

"One of the things I tell people that are retiring is, 'Don't volunteer for everything all at once. Make sure you do a good job on what you do volunteer for.'"

A Boeing retiree, Medzegan was named Renton's 2009 Citizen of the Year.

"It was totally a surprise," says Medzegan. "It's a tremendous honor to be listed with the group of people who have received this award in past years."

A criterion Medzegan sets for his volunteerism is to believe in the vision and mission of the projects he works on. For example, he takes pride in his work as co-chairman of the Return to Renton Annual Benefit Car Show. The car show has raised approximately \$125,000 over the past decade to support the Renton Police Department

Youth Fund.

Medzegan and his wife Joanne have been members of St. Matthew's Lutheran Church in Renton for 45 years. In 1995, Medzegan spearheaded a fundraising campaign to build a new sanctuary. His team raised \$1.1 million. The sanctuary, which seats upwards of 500 worshippers, was dedicated in 1997.

In 2000, he spearheaded a second fundraising campaign that raised \$1.1 million to build a new administrative and education center. Many of the Sunday school classes are offered there.

One bite at a time

Pastor Kirby Unti describes Medzegan's philosophy: The only way to eat an elephant is one bite at a time.

"He has the capacity to take on projects that would overwhelm the average person," Unti says.

Medzegan also served as a trustee at Renton Technical College for 11 years and several years on the Renton Technical College Foundation Board of Directors. In 2000, RTC received up to \$12 million from the state Legislature's capital budget to build its new Technology Resource Center. The only problem was, there was no funding to fill the building with technology.

In his capacity as a trustee and foundation board member, Medzegan spearheaded a campaign to raise nearly \$1 million to support the purchase of new computers and furniture. At that time, 80 percent of students coming to RTC had no computing background.

"When you put in all those new work stations, it afforded a lot more capacity to train students to use

computing systems," he says.

The downtown vision

Medzegan also served as president of the Piazza Renton group. The non-profit, founded by Medzegan and Renton business owner Gene Sens in 1992, helped to bring new life to Renton's downtown.

The group's design team envisioned a new downtown and presented conceptual designs of new craftsman-style buildings to the mayor and City Council. By the end of the 1990s, Renton's car lots were moved out and in 2000 the Piazza Park was dedicated along Burnett Avenue. Now the park is a gathering place for the city's annual harvest festival, farmers market, spring festival, and holiday tree lighting.

The Medzegians have three grown sons and seven grandchildren. Medzegan was raised on a family farm in Bellevue along the Bellevue-Redmond Highway. Today, the property is the location of the Microsoft campus.

"We were probably one of the poorest families around," he says.

Church was very important to him and his family. He saw selfless giving and volunteering all around him.

His good friend, Marcie Maxwell, introduced him at the Citizen of the Year banquet, which was jointly sponsored by the City of Renton, Renton Chamber of Commerce and Renton Rotary.

"He is a wonderful man and a great family man," Maxwell says. "He considers the Renton community as part of his family. You know the project is going to be done well when he's in charge."

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Sudanese refugees find a place to worship

BY ANDREW FICKES

Sudanese refugees come from as far as Portland and Vancouver, Wash., to special monthly worship services at King of Kings Lutheran Church in Renton. The minister at those services is a fellow refugee, the Rev. Matthew Both, the first ordained Nuer-speaking pastor in the Pacific Northwest.

"It's a call of God to be a pastor in this country," says Both. "It's a blessing from God that has changed my life and my children's life."

Both, 42, was ordained in July, a decade after he became a United States citizen. He misses his homeland and the village he left behind in south Sudan, and his mother remains a refugee in an Ethiopian camp. He sends her money, and in 2005, he visited refugee camps in Ethiopia and Kenya to teach the people how to be economically productive and self-sustaining.

"I miss my country, because I love the land," he says.

For most of the second half of the 20th century, Sudan was consumed by civil war, save for a reprieve between 1973 and 1983. By some estimates, more than two million south Sudanese perished during the war, while approximately 500,000 were displaced to refugee camps in neighboring Ethiopia and Kenya.

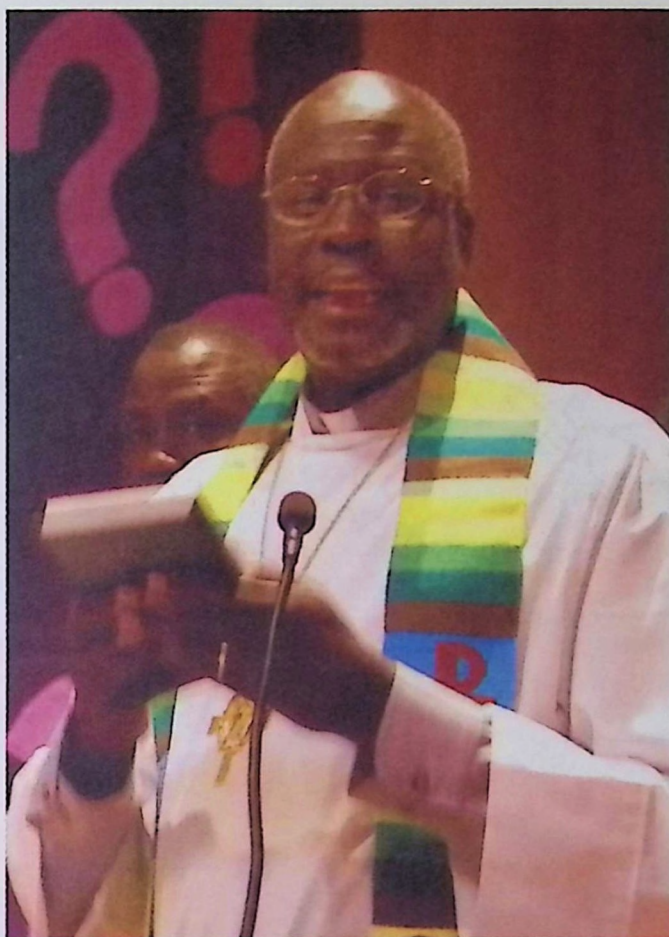
Both lost a cousin and his sister in the war. He adopted his orphaned niece, a common practice among south Sudanese people, and was one of the thousands displaced to refugee camps.

Both was born in July 1967. Six years before, a Christian missionary had established a Nuer-language school in Both's village, teaching the Christian faith from 1961 to 1977.

"We thank this man for bringing the word of God to us," says Both. "We will not forget him."

In 1993, Both, his wife and seven children were among 700 south Sudanese who came in the first wave of Sudanese immigration to America. They landed in Des Moines, Iowa, where they were sponsored by Lutheran families.

Over the next decade, Both learned English, received a high school diploma, and became a United States citizen. In 2003, he went to St. Mark's Lutheran Church in Grand Rapids, Mich. as a deacon. He completed seminary training and received



RENTON MAGAZINE / ANDREW FICKES

Top, Pastor Matthew Both addresses his congregation at King of Kings Lutheran Church in Renton. Above, The Sudanese women's choir sings in their native language to the Sudanese congregation.

his degree from Concordia in St. Louis, Mo.

Meanwhile, King of Kings was looking for a Sudanese pastor to minister to the Nuer-speaking Sudanese community and eventually connected with Both.

Now as a pastor at King of Kings, Both devotes his time to counseling fellow Nuer-speaking Sudanese, helping them look for jobs and adapt to American life. His children attend Kent schools, and his wife Rebecca is a housekeeper at Valley Medical Center.

Both and Pastor Ken Wyneken integrate the Sudanese congregation with the English-speaking congregation by having combined celebrations and worship services.

On New Year's Day, the united congregation celebrated the birthday of the "Lost Boys and Lost Girls of Sudan" with some 300 to 400 cupcakes. Sudanese who immigrated to the U.S. were given Jan. 1 as their birthday because many did not have birth certificates.

"It's made it visibly clear that we're a church open to any diversity," says Wyneken. "There's a sense of gratitude from them that we all can learn from."

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PHOTOS BY CHRIS CLARK
STORY BY KIM COLLETTE

A family event

Taking the family to enjoy this season's performance of "The Nutcracker" is a great way to usher in the holiday season as well as supporting local arts. The Evergreen City Ballet will present six performances, including two matinees. The first performance is Dec. 12 at the Auburn Performing Arts Center. Then the show moves to the Renton IKEA Performing Arts Center. Tickets may be ordered online at www.evergreencityballet.org or call 1-800-899-9260. Group rates and discounts are available. Parking is free.

*T*he curtains open and three maids are preparing for a party. The maids are ironing, polishing and baking and soon guests begin pouring in. Clara and her brother appear. There is a bit of chaos. Then the two dolls enter, and the magical story begins.

The Evergreen City Ballet is once again performing "The Nutcracker." The local company has been presenting the classic holiday tale for 15 years.

"It's a holiday tradition the whole family

Nutcracker

an array of talent



enjoy," says Kevin Kaiser, ECB artistic director. The familiar music and lavish costumes embody the holiday spirit. And then there's the dancing.

In other years, our local community showcased an array of talent. Christina Belter, who has been with the company for nearly two years, is this year's radiant Snow Queen.

The stage is transformed into a snowy forest with tall trees, sparkling snow and a large full moon glowing in the background. The queen and her accompanying dancers skim across

the stage in one of the show's most iconic dances.

Even though Belter has been performing in "The Nutcracker" for 15 years and danced many of the roles, she says it never gets old. Being able to perform for the children in the audience, she says, is the best reward for all her hard work.

Children are a big part of why "The Nutcracker" is so beloved. Andi Bryndza, ECB's head ballet mistress, is in charge of the 30 children who are involved with the production.

"Seeing and hearing it through the kids' eyes adds freshness to 'The Nutcracker,'" she says. Children in the cast are as young as 4.

Each year the casting changes, and different dancers are featured in different roles. There is always some fine tuning, says Bryndza. Changes in lighting and sets and costumes are added to enhance each scene. Each year the ECB puts on the best show possible.

"The professional quality in Renton is incredible," says Kaiser. "It is something our community can get excited about."

from brrrr! to whew! What a year of

BY DAVID SUFFIA

Whether or not you believe in global warming, it's pretty obvious we've had some strange weather so far this year.

Last winter was arguably the worst in 60 years, with many days of snow and plenty of cold. And summer was downright crazy, with record-setting heat, followed by unseasonable cold.

"I've never seen it like this, extreme cold, then no spring, then extreme heat that just bowled you over," says Edie-Mae Lawyer, 75, a life-long Renton resident, attorney and Miss Renton of 1954. "I don't like the extremes."

"Our old moderate, Mediterranean climate we've been famous for is gone," adds Charles F. Meyers, 77, of Fairwood.

"Last winter was a rough one, the worst I remember in a long time," he says. "We grew used to cold or hot weather staying a day

or two and then going away, not lasting for days or weeks. If we had a day or two in the 90s, it cooled off and rained the next day, not like this summer. We had a goofy winter and summer this year. I haven't seen anything like it here since 1938."

Meyers, a retired office supplies salesman, has spent his entire life in this area and remembers "Jan. 13, 1950, when two feet of snow was dumped on us, then everything stayed frozen for three weeks. It was colder than the devil. 1968 was bad too, but not as bad as 1950."

"I suspect global warming has at least something to do with it. 1977 was the best year. We didn't have a winter that year. I mowed my lawn all winter long."

For the record, this area's greatest recorded snowfall came in January and February of 1916. Official records in Seattle had 21.5 inches falling in a 24-hour period. Other areas of the state had two to four feet, with drifts to five feet.

All transportation was halted and the area came to a standstill. January had a total of 23 inches of snow and February had 35 inches, for a 58-inch two-month total that year.

The blizzard of Jan. 13, 1950, (yes, it was officially a blizzard) blanketed the area with 21.4 inches of snow, second worst ever, with winds of 25 to 40 mph, leaving 13 dead around Puget Sound. Everything was frozen solid for 18 straight days. The average temperature that



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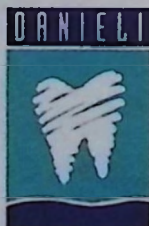
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strange weather

winter was a frigid 34.4 degrees, coldest on record.

The official record high had been 100, set in 1994, until this year, when thermometers nearly popped at 104. The record low was zero on Jan. 31, 1950.

"My partners recognized 1950 was a blizzard because they came from the Midwest," recalls Marshall Portner, 70, and a retired Boeing mechanic. "They wouldn't let us go to school. 1950 was so bad the Columbia River froze over near Hood River, Ore."

Jerry Irwin, 77, a retired baker, says "This year has been very unusual. We hardly ever get over 90 in the summer. I've

never seen heat like this."

"We had harsher winters back in the 1920s," according to Gene Forler, 86, and a retired Greyhound bus driver. "I remember old guys talking about it, saying that in 1910 part of Hood Canal froze over and someone drove a car across it. I also remember some hot days in the past, but none that lasted so long as this year."

"I've just never seen it that hot for that long," says Alice Lange, 75, a retired Renton elementary school teacher. "It just doesn't happen here. This has been crazy weather, hot here while it was cold in places like New York and Sacramento, where it's usually hot in the summer."



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Something new for the Holidays

BY CHRISTIE KATONA

We all have our favorite traditional foods that our families serve for the holidays, but sometimes it is nice to try something different. Here are some ideas for using holiday ingredients in new and different ways.



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.

Onions Filled with Broccoli

Serves 8

These can be done ahead and look very festive garnished with a bit of pimiento, red pepper or sundried tomato.

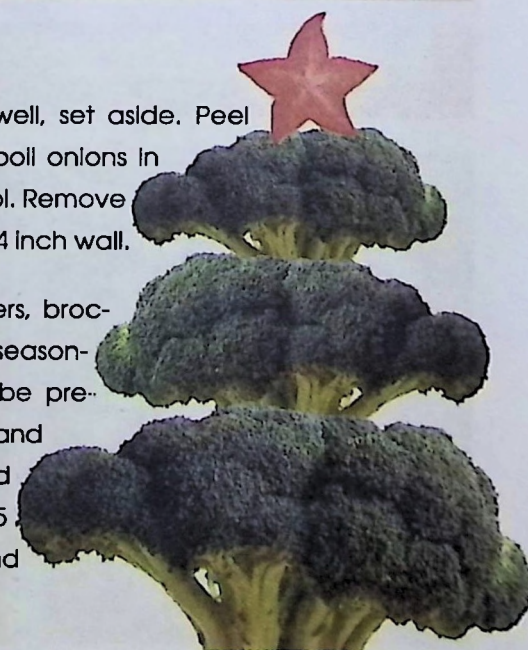
you will need

- | | |
|---------------------------------|--------------------|
| 1 pkg. – 10 oz. frozen broccoli | 2 tsp. lemon juice |
| 4 large yellow onions | 1 tsp. salt |
| 3/4 cup mayonnaise | 1/2 tsp. pepper |
| 1/2 cup Parmesan cheese | |

directions

Cook broccoll until tender/crisp and drain well, set aside. Peel onions and cut in half crosswise. Gently parboll onions in salted water for 10 minutes. Drain well and cool. Remove centers of each onlon half, leaving a 1/2 to 3/4 inch wall.

With a food processor, combine onlon centers, broccoll, mayonnalse, cheese, lemon juice and seasonings. Mound mixture into onlon shells. May be prepared in advance to this point, covered and refrigerated. To bake, heat oven to 350 and place in a buttered ovenproof dish. Bake for 25 to 30 minutes or until broccoll is bubbly and onlons are beginning to brown.





Sweet Potatoes with Peaches and Cashews

Serves 6

Easy and something that isn't too sweet. Can be made ahead, which is ideal for potlucks and traveling.

you will need

1 – 16 oz. can sweet potatoes, drained well and sliced
1 – 16 oz. can sliced peaches, drained well
1/3 cup brown sugar
1/2 cup cashew pieces
1/2 tsp. salt
1/2 tsp. ground ginger
2 tbs. butter, melted



directions

Place sweet potatoes and peaches in a lightly buttered casserole dish. Combine brown sugar, cashews and spices and sprinkle over the top. Drizzle with the melted butter. Bake at 350 for 30 minutes or until heated through and bubbly. Easily doubled.

Cranberry Cream Pie

Serves 8

This is ideal for entertaining as you can make it up to two days in advance and refrigerate. In the summer, I have used raspberries instead of cranberries and it was delicious. For the simple graham cracker crust, I always brown my butter to add to the flavor. Gently heat the butter in a sauce pan; you will notice it beginning to brown when it starts to sizzle and make noise. When the noise stops – Watch Out! – because that means it is done. A very interesting and useful bit of information, don't you agree?

crust

1 1/4 cup graham cracker crumbs
2 tbs. sugar
6 tbs. melted browned butter
1/3 cup finely chopped walnuts or pecans
1 tsp. vanilla

crust directions

Preheat oven to 350. Combine crust ingredients and press in the bottom and up the sides of a 9-inch pie pan. Bake for 8 minutes. Cool before filling.

filling

8 oz. cream cheese, softened
1/3 cup powdered sugar
1 tsp. vanilla
2 tbs. orange liqueur, optional
1 cup whipping cream, whipped

filling directions

With an electric mixer, whip the cream and set aside. Then combine the cream cheese, sugar, vanilla and liqueur until smooth and fluffy. Gently fold in the whipped cream. Pour into prepared crust and chill.

topping

1 cup sugar
2 1/2 cups fresh cranberries
3 tbs. water
2 tbs. cornstarch

topping directions

In a saucepan over medium high heat, combine sugar and cranberries. Cook, stirring until cranberries pop. Mix water and cornstarch until smooth, add to cranberry mixture and continue to cook until thickened. Cool complete. Spread on top of pie. Refrigerate until serving time. Cut into wedges to serve.

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RENTON MAGAZINE / ANDREW FICKES

Brother and sister Ger and Janet Bertagni (right) play a game of Sorry! with Erick and Chyna during their mentoring hour at Highlands Elementary. Janet says there is never a dull moment with the students.

BY ANDREW FICKES

Being a volunteer mentor in Renton schools, says Boeing retiree Ger Bertagni, is "like going back to school and starting all over again."

Bertagni and his sister Janet Bertagni, both longtime Renton residents, say they enjoy mentoring two Highlands Elementary students, fourth grader Chyna and third grader Erick. The students are equally pleased.

"I like that he comes once a week," Erick says.

"My mentor came by surprise and I was so excited," says Chyna.

Each Tuesday morning Janet and Ger spend an hour with

Helping students: 'How can you say no?'

their mentees, either as pairs or all four together.

"The child sets the pace for what they would like to do," Janet says. "Teachers are very enthusiastic about this program. It's really an incentive for the kid."

Janet, a retired accountant, was recruited by another mentor, Al Tally; Ger decided to volunteer last January after he retired from a 42-year career with Boeing.

"I wanted an opportunity to help others during retirement and wanted to know what it was like to help a child," Ger says.

Nor Janet nor Ger have children, so mentoring is something new to them.

"It's an interesting hour," says Janet. "Each time is different. It's never dull; it's always fun."

And instructional. The adults have learned the rules of chess, Guess Who, Uno, and Sorry.

"It's very spontaneous," says Janet. "You never know what they're going to ask you to do."

The program, in place since 1995, is available free to any child at risk of academic failure. Students can refer themselves or are referred by nurses, counselors, teachers, and other staff.

According to Sari Pascoe, executive director of Communities in Schools of Renton, 156 Renton stu-

dents were provided one-on-one mentoring in the 2008-2009 school year.

Communities in Schools of Renton was recently awarded a \$5,000 grant from Bank of America and Washington State Mentors to help finance the recruitment and training of 15 new mentors at the middle school level.

"We need intervention at the middle school level to prepare students for high school," Pascoe says.

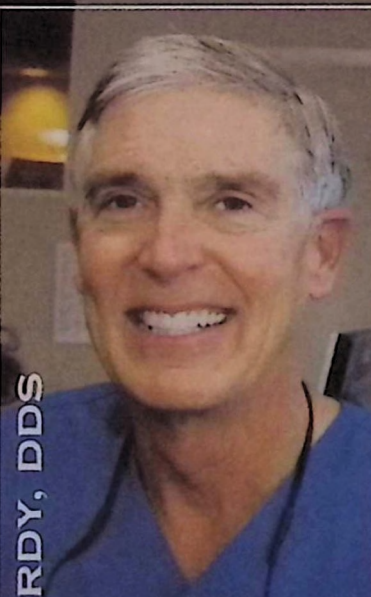
Communities in Schools also recently received a \$1 million grant from the Seattle Foundation to finance three academic family liaisons at the middle school level in the 2009-2010 school year. The family liaison program helps to match students with mentors as well as provide case management for students and their families.

For Janet and Ger, mentoring an hour a week is easy and rewarding.

"One hour a week to help a child—how can you say no?" says Janet.

Learn how

For more information about the Communities In Schools mentoring program and to learn how to be a mentor, call Erin Iverson, mentor program director, at 425-430-6659.



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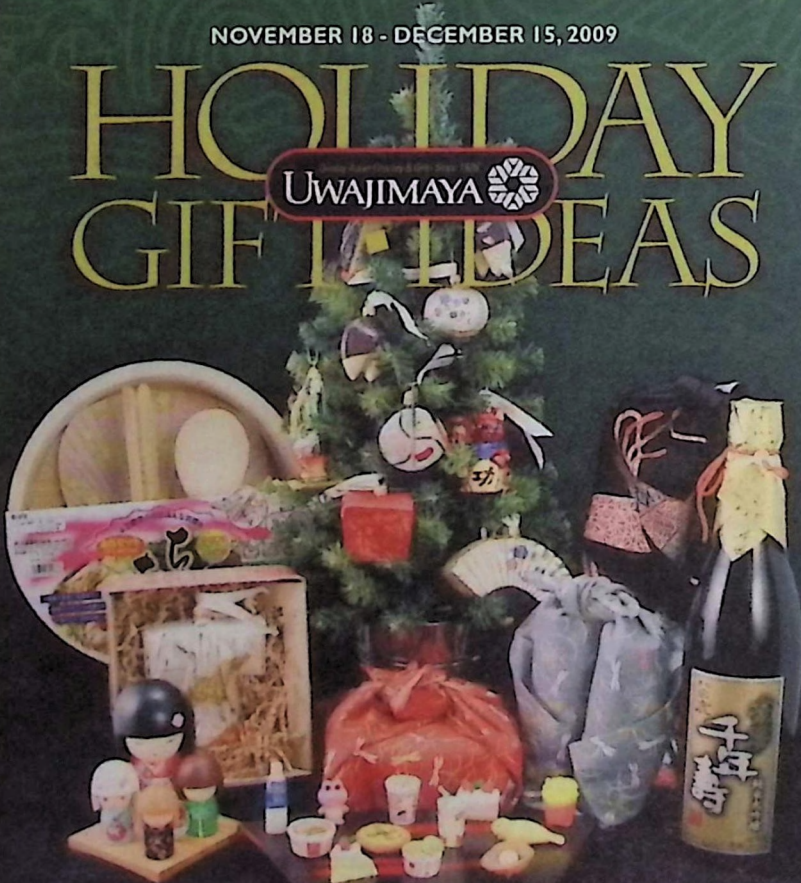
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pet care



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Ice melt chemicals on sidewalks can injure a pet's paws or be toxic when licked off after a walk in winter.

Winterize your pet

BY DR. KATHLEEN CONNELL

*I*t seems like only yesterday that it was summer. Are you and your pet ready for winter?

Here are some cold weather tips to protect your pet:

Beware of outdoor cats seeking warmth by sleeping under car hoods. When you start your engine, the cat could be injured or killed by the rotating fan belt. Bang on your car hood before starting your engine to give a cat time to escape.

Consider keeping cats indoors. Outdoor cats are exposed to injury, fights, wildlife and other animals. An indoor cat is safe from cold temperatures and from becoming lost, stolen, injured or killed.

Keeping your dog on a leash is a good idea any time, but especially during a snowstorm so it doesn't get disoriented and lost. Always make sure your dog has a collar and ID tags and is microchipped for identification. ID redundancy is always best.

Protect your dog's paws and skin by wiping them off when they come in from outdoors. This removes sleet, snow and ice and any chemicals such as salt or antifreeze. Some owners choose to use puppy boots to keep paws clean and dry.

Antifreeze is poisonous. Store antifreeze and all household chemi-

cals in a safe place. Clean up any leaks or spills to prevent your pets from licking or drinking antifreeze. It's an emergency if your cat or dog ingests it. Call your regular veterinarian or local emergency pet hospital to arrange for immediate treatment.

For longhaired dogs, **don't shave or cut the fur closely.** Your dog will be warmer with a longer coat in the winter.

When bathing your dog, make sure it is completely dry before it goes outdoors to prevent undue heat loss. Some owners purchase and use a dog coat or sweater for shorthaired dogs.

Never leave pets in your car. In the winter, a car quickly becomes cold.

Puppies will not be able to tolerate the cold and wet, so you may have some problems with housetraining. Prevent accidents by taking your pup outside after meals, naps and at other times to solidify good housetraining habits.

If you have a hunting dog or other active dog, check with your veterinarian to ensure you are using the correct diet to give your dog the energy it needs to perform in cold weather.

Outdoor cats and dogs should have a warm, dry place to escape the cold and wet. Consider an insulated doghouse, raised off the ground and sheltered from drafts.

Make sure all pets have plenty of clean, fresh water. Check outdoor bowls to ensure water hasn't frozen.

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

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skiing

Schussing is better than slogging

BY JAMES BAVENDAM

dark winter rains can leave you wishing for something to do outdoors. Considering our snowfall so far, this may be the year to try downhill skiing. Skiing can range from slow and relaxing to fast, exciting and challenging. Even intermediate skiers can look elegant. It can be wonderful to drive through the rain and clouds of the lowlands to find yourself in sunshine and snow at higher altitudes.

Skiing engages the entire family. Where some sports see teenagers lose interest, snowboarding can keep the most "radical dudes" engaged. Ski clubs, racing, back country skiing, helicopter skiing and participating with the nonprofit National Ski Patrol can add enough challenge and variety to engage people for years.

Safety

You have a surprising amount of control over your level of risk. You can ski gentle, wide slopes at a modest pace, or narrow, steep, demanding slopes. Newer equipment, good instruction and common sense can give you a lifetime of skiing with no significant injuries. Don't be surprised to find yourself skiing next to people in their 70s.

Where to go

Commercial ski areas provide groomed slopes and resources that include lifts to carry you to the top of slopes, restaurants, lessons and equipment rental and sales. Some even offer childcare.

For variety, skiers travel to slopes across the country and around the world to experience different slopes and the communities surrounding them. Closest to our area is The Summit at Snoqualmie, about an hour's drive. But our area also includes Crystal Mountain, Stevens Pass, Mount Baker and White Pass – all with different trails, restau-



rants, and equipment rentals.

Getting started

Arguably, the best way is to purchase a beginner's package at a ski resort. Packages typically include multiple days, with each day costing about \$40 to \$60. That includes a lesson, your equipment and an entire day on the slopes. There are places to store your skis so you can take a break, go inside, sit by a fire and relax. Bring your own food or visit a restaurant with menus that range from sandwiches to high dining.

Equipment

Consider renting equipment for the first year or two, until you are sure that this is something you enjoy and will continue. Borrowing equipment from a friend can be tempting, but increases the chance you will be injured from gear that doesn't fit properly. Even when you are ready to buy, most shops let you try equipment before you buy.

Weather

Weather plays a role in both getting to the slopes and while on the slopes. While you don't need a four-wheel-drive vehicle, make sure you are prepared for winter driving. The slopes are constantly monitored. If they seem to be getting unsafe, they will be closed until the problem is resolved. It would be hard to find a ski area that doesn't have a Web site to give you current conditions and links to travel weather.

If you can, bring a friend. Sharing experiences, relaxing for a meal and seeing how others meet the challenges simply makes it more fun.

Ski Information Directory	Snoqualmie Pass www.SummitAtSnoqualmie.com	Moxles Powder House	REI	Play It again Sports	Sports Authority
	Crystal Mountain www.SkiCrystal.com	2028 S 272nd St, Kent	240 Andover Park W, Tukwila	17622 108th Ave S.E., Renton	17450 Southcenter
	Mt. Baker www.MtBaker.us	253-839-4210	(206) 248-1938	425-227-8777	Parkway, Tukwila
	Stevens Pass www.StevensPass.com				206-575-2100

around
the garden

The wonder of trees

BY ELAINE ANDERSON

Anyone with an appreciation of the natural world cannot help but wonder at that most majestic member of the plant kingdom, the tree. Trees were here before we were, and once we arrived on the scene, they gave us food, shelter, and even clothing. They are amazing!

For example, coast redwoods, *Sequoia sempervirens*, are the tallest trees on earth. They can reach 380 feet in height and live for 2,000 years.

The heaviest organism is a colony of aspen trees in Utah. These trees share a genetically identical root system that makes them a single living organism, which weighs over 6,000 tons.

Trees inspire awe as well as amazement. This sense of awe gave rise to the tree mythologies that preceded the world religions we know

today. Tree mythologies can be found in the histories of all cultures.

In Scandinavian countries, the ash tree held the world together. It was often referred to as the "world ash." The first human was believed to have been formed from an ash tree. The Druids saw the birch as the tree of beginnings. Even today in Europe, birch is the traditional wood used to craft a baby's cradle.

The European yew was the tree of endings and of the journey into eternity, perhaps because the tree seemed to live forever. European yews have been known to reach 3,000 years of age. As for the endings part, was it because the tree was used to make a deadly poison used on the tips of arrows?

The tree with the largest number of mythic associations is the oak. Among others, the Greeks, the Norse, and even the legendary King Arthur venerated this tree. Arthur was said to have been buried in a coffin made of oak.



Trees are a practical resource, but they also nurture the spirit (and call the spirits). The original reason for "knocking on wood" for good luck was to summon the helpful spirits that lived in trees. A tree is the most recognizable symbol of this holiday season. Hundreds of years ago, people in the Germanic countries brought evergreens into their home. The trees were a symbol of hope in the season when all other plant life seemed dead. This custom continues today, all over the world.

Food, shelter, clothing, hope, and good luck, not to mention beauty. Who could ask for more?

Elaine Anderson is the Washington State University Extension coordinator for the King County Master Gardener Program. The program, funded by King County and WSU, provides free, environmentally friendly gardening advice to home gardeners. For answers to your questions about trees and other gardening topics, call the Master Gardener Phone Clinic at 206-296-3440.



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RENTON MAGAZINE / DANA E. NEUTS

Zachary O'Neal, 6, of Burien attends most of the friendly-sensory movies held monthly at Kent Station's AMC Theatres.

Movies coming up.....

AMC Theatres offers a sensory-friendly movie one Saturday a month at 10 a.m. for \$6 per person. Upcoming features include "The Princess and the Frog" (Dec. 12) and "Alvin and The Chipmunks: The Squeakquel" (Jan. 9).

For more information about sensory-friendly movies or to view the current schedule, visit www.amcentertainment.com and follow the "Programs" links to "Sensory Friendly Films." You can also go to www.autism-society.org and search for "sensory friendly films."

Sensory-friendly movies meet children's special needs

BY DANA E. NEUTS

Dozens of moviegoers trekked through heavy rains to see "Where the Wild Things Are," a recent sensory-friendly movie at Kent Station's AMC Theatres. Kent Station is the first theater in the area to show films in a sensory-friendly setting, a movie-going experience geared toward those with special needs.

When a movie is screened as sensory-friendly, the lights remain on, sound levels are closely monitored, previews aren't shown and the "no talking, no walking" rules don't apply. These subtle changes in the viewing experience make it easier for autistic and other special needs children and adults to enjoy a movie more comfortably, without disturbing other moviegoers.

Stephen Smith, general manager for Kent Station's AMC Theatres, says the sensory-friendly film series is a program started by AMC Theatres in collaboration

with the Autism Society of America. Kent Station started a sensory-friendly film schedule about a year ago, drawing in 50 to 150 guests each month. Only two other theaters in the state – Woodinville and Spokane—offer the AMC program.

"It's a better environment for the kids, and they really seem to enjoy it," Smith says. "It is another opportunity for families to come to events they wouldn't normally be able to."

Last month the Vlachos family of Kent attended their first sensory-friendly movie with sons Vasili, 5, and one-year-old Suriya.

"It was a great first movie for Suriya," mom Darivanh Vlachos said. "He didn't have to sit still through the whole movie."

While dad Laki sat with Suriya on the stairs, Darivanh sat with Vasili, his school friend Zachary O'Neal, 6, and Zachary's mother Jennifer. The O'Neals drove from Burien to attend the matinee. They attend most months, depending on the subject matter of the featured film.

"Zachary is very interactive, so sitting still is a challenge," O'Neal says. "He loves the sensory-friendly movies. We call them our 'special movies.'"

O'Neal, who works at Children's Therapy Center in Kent, says the movies provide more than just a theater-going experience. Families get the opportunity to network and show their support for each other in an accepting environment that is accessible to people with disabilities. O'Neal says she is grateful that companies like AMC Theatres are catering to a population of kids with special needs, whether they are overly interactive, sensitive to noise and sound, or have challenges that accompany Down syndrome and autism.

"We want to applaud local businesses that take the extra step to offer regular activities like this," says O'Neal.

"We love hosting the sensory-friendly movies here. It is really a benefit to families," says theater manager Smith. "It is tremendous for us to be able to participate."

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Chorale has amazing fun

BY ANDREW FICKES

*T*he sound of music wafts through the air at Leisure Estates, a gated community for residents 55-and-over who are proving that singing is not only fun but good for what ails you.

"We don't sing because we have amazing voices, but because we have amazing fun," says the group's music director and pianist Sue Dynneson-Bynum. "All of our voices have changed; no one is as good as they used to be but our blood pressure is lowered and our serotonin level is raised by singing, and we have a mighty good time."

The Leisure Estates Chorale, which numbers close to 20 (and is growing), rehearses at least twice a month in the community clubhouse off of Union Avenue in the Renton Highlands. All but five of the members live at Leisure Estates. Most are in their 70s and 80s. One woman just celebrated her 90th birthday.

"The memorable moments are when we look

out in the auditorium and see tears in people's eyes—that's what brings joy to me," says Lowell Welker, 69, a chaplain with the Tukwila Police and Fire Department. "It's a tribute to our community to be able to sing to them and entertain them. We get enough negativism; it's nice to have something positive."

The chorale organized several years ago as a social outlet for residents of the gated community. Delores Corbin put the group together because she heard singing was good for the heart.

Dynneson-Bynum was born in the 1940s and so, she says, is familiar with the music of that era. She graduated from Central Washington University with a degree in music and taught music for six years in the Lake Washington School District.

"I just enjoy looking on the chorale member's faces," she says. "They love what they're doing; it makes them feel better and younger. They're excited to perform for others, and they're proud of what they're doing."

Mary Burns-Haley, the 90-year-old in the group, adds her speaking chops. The former Virginia Mason nurse was a vocalist and actress



RENTON MAGAZINE / ANDREW FICKES

The Leisure Estates Chorale numbers close to 20. All but five members live in the Leisure Estates community.

in many high school musicals. She also acted recently with Renton's Valley Community Players.

All members have had experience in music or acting in some form or other.

Many venues have asked the group to return.

"Residents absolutely loved (the World War II series)," says Sandi Hahn, assistant activities director at the Chateau at Valley Center in Renton. "They still talk about it."

The Leisure Estates Chorale will present a Christmas concert for the public at 3 p.m. Wednesday, Dec. 16, at the Leisure Estates clubhouse (201 Union Ave. S.E.). Admission is \$1 and will be equally divided between the chorale and the Renton Food Bank.

New restaurants

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* * * * *

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Applebee's Restaurant	425.687.1200
Avenue	425.228.7827
BECU - ATM Available	
Discount Tire Co., Inc	425.228.1173
Ed Wyse Beauty Supply	425.277.9973
Genki Sushi - Coming Soon	
Georgio's Subs	425.227.8279
Knittery	425.228.4694
Lemon Grass	425.228.2000
Lotus Hair & Nail Salon	425.656.1559
Knittery	425.228.4694
Major League Barber & Beauty	425.277.0104
McDonalds	425.271.3031

New shops

Optics One	425.227.8888
Pan Asian Buffet & Grill	425.227.8898
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

Rediscover Renton Village





VANCE'S STORY

"I thought it was heartburn," says Vance, 53, of the chest pain he experienced one afternoon. But within minutes Vance knew—he was having a heart attack.

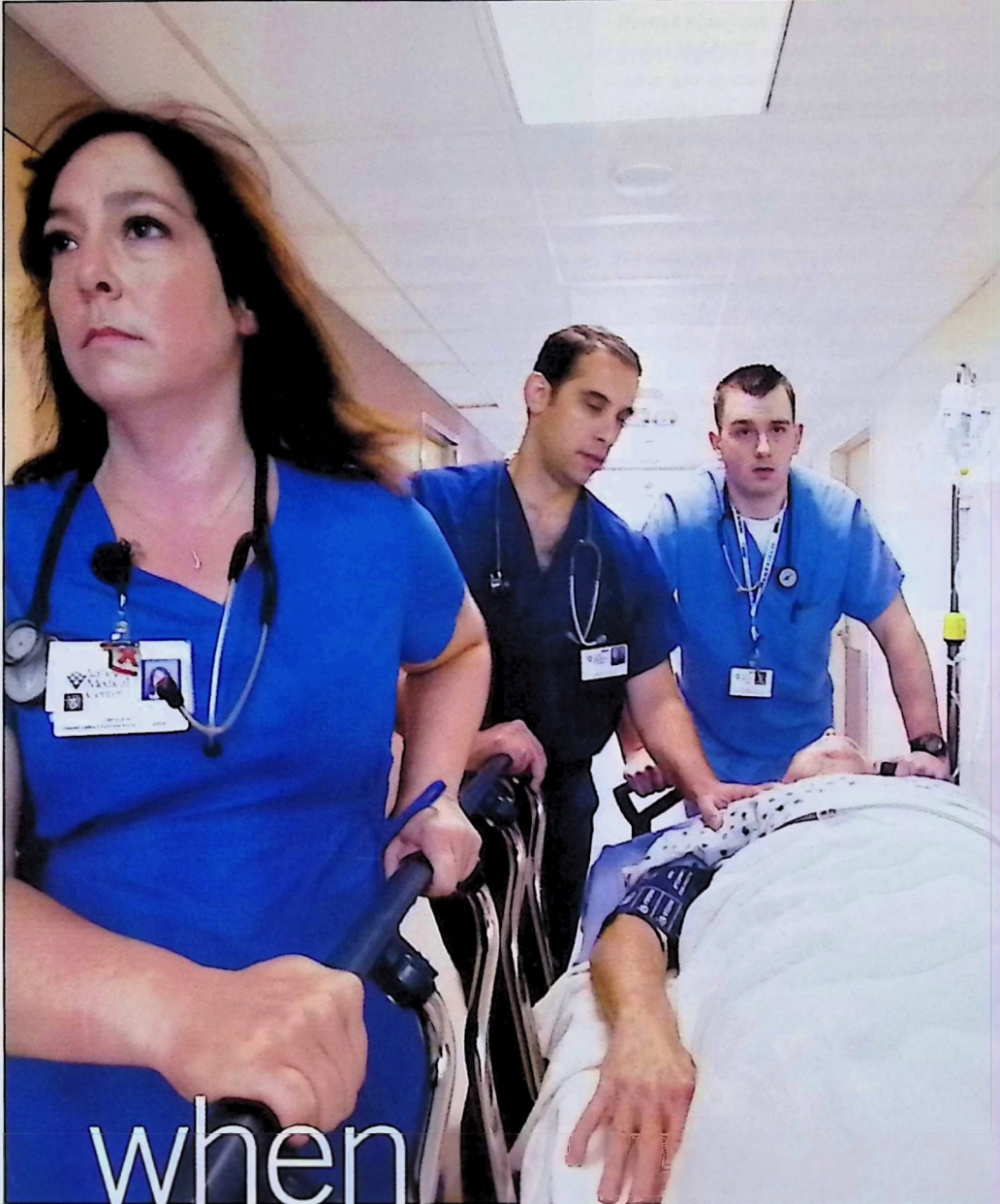
Fortunately, medics brought Vance to Valley Medical Center (VMC). Our hotline to medics combined with state-of-the-art diagnostic tools and a dedicated cardiac team means Valley Medical Center is poised to act the instant a patient comes through the door.

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"Vance had total blockage in the largest artery of his heart," says John W. Nemanich, MD, FACC and Medical Director of Interventional Cardiology at VMC. Vance's blockage was removed just 39 minutes from the time he came through our door.

"Valley saved my life. Plain and simple," says Vance.

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